

## Biennial Review 2018

The Drug-Free Schools and Communities Act was passed in 1986 by Congress to “establish programs of drug abuse education and prevention through the provision of federal financial assistance...to institutions of higher education to establish implement and expand programs of drug abuse education for students enrolled in colleges and universities.”

The biennial review has two primary purposes:

- Documentation of institutional compliance with the Drug Free Schools and Communities Act.
- Evaluation of different methods taken or programs developed by institutions in order to comply with the law.

### The Biennial Review

The law specifically requires that colleges and universities conduct a biennial review to:

- Determine its effectiveness and implement changes to the program if those changes are needed.
- Ensure that the disciplinary sanctions described are consistently enforced.

The United States Department of Education does not specify how the review is to be conducted or what criteria should be used to measure the effectiveness of the program. The Department of Education encourages use of objective data and has suggested that institutions may want to consider the following with the review:

- Tracking the number of drug related and alcohol related disciplinary sanctions imposed.
- Tracking the number of drug and alcohol related referrals for counseling or treatment.
- Tracking the number of drug related and alcohol related incidents recorded on the logs of campus police or other law enforcement officials.
- Tracking the number of drug and alcohol related incidents of vandalism.
- Tracking the number of students or employees attending self-help or other counseling groups related to alcohol or drug abuse.
- Tracking students, faculty, and employee attitudes and perceptions about the drug and alcohol problems.

While the above listing is not exhaustive, it does provide insight about what the Department of Education expects in the biennial review.

In preparing to satisfy the law and forming the foundation for any campus prevention program:

1. Institutions of higher education have an ethical as well as a legal obligation to develop and disseminate policies prohibiting the unlawful use, possession and distribution of drugs and alcohol.
2. Institutions of higher education have a developmental imperative to ensure that treatment and intervention programs are available to members of the academic community who require them.
3. Institutions of higher education, committed to the concept of lifelong learning, have an educational obligation to teach members of the academic community the health risks associated with the abuse of alcohol and the use of illicit drugs.
4. Institutions of higher education have a legitimate reason to enforce local, state, and federal laws.
5. A unified effort, incorporating representations of all segments of the academic community, is necessary if institutions are to combat the debilitating effects of drug and alcohol abuse and provide an effective intervention and treatment program for students, staff and faculty.

This review endeavors to exemplify Washburn's unrelenting efforts to identify and highlight in preparing to "satisfy the law" and strengthening the foundation for our campus prevention and informational/educational program relative to use, possession, and distribution of drugs and alcohol.

***Washburn Student Handbook/Planner 2016:***

**I. ALCOHOL AND DRUG POLICY**

Washburn University, as an institution receiving federal financial aid for students in attendance, has adopted policies for prohibiting the use of alcohol and other drugs by students and employees in the workplace in compliance with the federal laws and regulations of the U.S. Department of Education. In addition, the University has adopted and implemented an alcohol and other drug prevention program. As part of this program, the University is required to provide the following information annually to all students and employees.

Washburn University prohibits the unlawful use, consumption, possession, or distribution of alcohol or controlled substances by students, employees or other persons on campus or on any property owned or controlled by the University or as any part of University activities.

The sale, possession or consumption of alcoholic or cereal malt beverages is prohibited on campus or any property owned or controlled by the University except as approved by the Washburn University Board of Regents. [K.S.A. 41-719 11 (g) allows the University to designate non-classroom instruction areas where alcoholic liquor and cereal malt beverages may be consumed.]

Violations of this policy, applicable city ordinances, and/or state statutes will result in disciplinary action as well as criminal prosecution.

## HEALTH EFFECTS OF ALCOHOL AND OTHER DRUGS

### Alcohol

Alcohol is “legal,” but it is a drug just the same. Alcohol kills more people and causes more diseases and social problems than all the other drugs put together.

Drinking can cause addiction, and it doesn’t matter who you are or what you do for a living. Long-term, heavy drinking is linked to a range of health problems, including heart and liver disease, cancer, ulcers, pancreatitis, and stroke. On average, alcoholics’ lives are shortened by 12 years because of drinking.

Drinking is of special concern for pregnant women. Women who drink alcohol during pregnancy may give birth to infants with physical deformities, brain damage, and mental retardation. Collectively, these symptoms are known as Fetal Alcohol Syndrome (FAS); and they are irreversible. If you are pregnant or nursing, do not drink or use drugs.

Other Possible Effects: high blood pressure; increased susceptibility to infection; impotence; diarrhea; enlarged heart; brain atrophy; deficits in problem solving, abstract thinking and difficult memory tasks; links to violence and aggression; accidental death and injury; dementia; blackouts; seizures; memory loss; hallucinations; nausea; and headaches.

### Stimulants or Amphetamines

*(Dexedrine, Methamphetamine or “Crystal,” “Crank,” and “Speed”)* This is a group of drugs that increases alertness and physical activity. Amphetamines increase heart and breathing rates and blood pressure, dilate pupils and decrease appetite. A user can experience insomnia, loss of appetite, sweating, dry mouth, blurred vision, and dizziness. In addition to the physical effects, users feel restless, anxious and moody, become excitable and have a false sense of power and security. People who use large amounts of the drug experience amphetamine psychosis — they have auditory, visual and tactile hallucinations, feel intensely paranoid/suspicious, have irrational thoughts and beliefs (delusions), and are mentally confused. Amphetamine overdose can also cause cardiac arrhythmias, headaches, convulsions, hypertension, rapid heart rate, coma and death. Amphetamines are psychologically and physically addictive.

### ***On Campus Support 2014-2016:***

Alcohol and other drug awareness information is available through Washburn Student Health Services, Counseling Services, the Office of Student Life, the Alcohol and Drug Abuse Program in the School of Applied Studies and Continuing Education, and the University Police Department. Staff members of Counseling Services are available for students and employees to talk about possible substance abuse problems and to make appropriate referrals. In addition, a list of drug counseling and rehabilitation programs in the Topeka/Shawnee County area is available from the Washburn Human Resources Office and Counseling Services.

Counseling Services – (Morgan Hall 140, 670-1450) Counselors provide initial assessment and referral resources if needed and a post-alcohol treatment (if done) update/follow up.

Counseling Services will also provide similar assistance to Washburn faculty and staff.

Student Health Services – (Morgan Hall 140, 670-1470). Personnel are prepared to provide initial evaluation, referral and emergency medical support.

University Police Department – (Morgan Hall 136, 670-1153). University Police Department provides emergency assistance and maintains a 24-hour phone line.

*Off Campus Community Support 2014-2016:*

DCCCA – Women’s Recovery Center, Contact First Step at Lakeview, 3015 W. 31<sup>st</sup> Street, Lawrence, KS 66044 785-843-9262

Center for Safety and Empowerment, YWCA, 225 SW 12<sup>th</sup> Street, Topeka, KS 66612, 354-7927; evening: 234-3300

## **Programming & Outreach**

One example of the work that we do that has been successful is that of a “perfect party” planning program. This program takes place annually. This program started as a “Greek” program, but has been expanded to being hosted during welcome week to ensure that all Washburn Students are aware. It is an educational event where students learn about risk reduction, safety, and the dangers of drug and alcohol abuse all in a fun environment that mimics a “safe” party.

Perfect Party – Date August 18, 2015

Perfect Party – Date August 22, 2016

### **Delta Gamma**

Every Fall semester, each new member is required to pass an online GreekLife Edu course with at least a 75% in order to be initiated into Delta Gamma. It provides members with a foundation to make healthy and safe choices that align with our values.

Each spring semester, the VP of Social standards presents on our alcohol and drug use policy, and the President goes over our crisis management plan.

[http://prezi.com/\\_04jlrqxrnyk/?utm\\_campaign=share&utm\\_medium=copy&rc=ex0share](http://prezi.com/_04jlrqxrnyk/?utm_campaign=share&utm_medium=copy&rc=ex0share)

### **Kappa Sigma**

Their chapter had a Drug and Alcohol Awareness presentation during our chapter meeting on Oct. 3, 2016. It was presented by our Risk Management chairman and occurs once every semester.

The Washburn University Student Government Association has partnered with the Topeka community to offer Safe Ride to our students. This is a free of charge ride from any Topeka area drinking establishment.

Washburn University remains strong in its commitment to comply with the program and review requirements of the 1989 amendments to the Drug Free Schools and Communities Act, and continues its biennial review of same. Listed are program/presentations the university has produced for faculty, staff and students to assume compliance for the past 2 years and prior to that time frame.

- Campus Security policy and procedures published [www.washburn.edu/right-to-know](http://www.washburn.edu/right-to-know)
- Alcohol and Drug Policy published in Student Handbook, University Catalog, Faculty Handbook, Class Schedules, WU Policy, Regulations and Procedures Manual (WUPRPM)
- Summary of State and Federal Laws concerning Alcohol and other Drugs published in Student Handbook and Class
- Enforcement Information published in Student Handbook, University Catalog, Faculty Handbook, WUPRPM
- Local and on-campus referral information published in Student Handbook, Faculty Handbook, and brochures
- Health effects of alcohol and other drugs published in Student Handbook, Counseling Center brochures, and various academic departmental brochures
- The University's Drug-free Work Place Policy statement found in the WUPRPM.
- The University's Drug Free Awareness program published in the WUPRPM suggests that the Director of Human Resources shall post, in conspicuous places to provide notice to all employees of (a) the University's policy prohibiting the unlawful manufacture, dispensation, use or possession of controlled substances on University property; (b) the dangers of the use of drugs in the work-place; and (c) that employees who violate the policy or who are convicted of a criminal drug statute for a violation on University property shall be subject to disciplinary proceedings up to, and including, termination from employment **(On Going)**
- The Director of Human Resources shall prepare, and make available to all area heads, a list of available drug counseling or rehabilitation programs in the Topeka/Shawnee County area **(On Going)**
- On-campus Crime Statistics (Clery Act) published yearly in the Student Handbook and made available in the Student Life Office and University Police Department.

- Faculty Development Sessions, segments of which are devoted to alcohol and drug information (**On Going**)
- Numerous departmental educational outreach programs targeted at alcohol and drug awareness sponsored by University Health Office, Student Recreation & Wellness Center, and Student Activities & Greek Life Office.
- In 2016 Washburn University was a recipient of an Office of Violence Against Women grant. That grant has allowed us to increase programming on sexual assault and violence prevention which includes information on alcohol and other drug usage.

## **Legal Implications**

### **Federal:**

#### **-Under 28 U.S.C. 841- Offenses and Penalties**

It is unlawful for any person knowingly or intentionally to manufacture, distribute, dispense, or possess with intent to manufacture distribute, or dispense a controlled substance or counterfeit substance and is punishable by 10 years to life imprisonment and/or a \$10,000,000 fine.

#### **-Under 28 U.S.C. 844 – Penalties for Simple Possession**

It shall be unlawful for any person knowingly or intentionally to possess a controlled substance and punishable on first offense by a term of imprisonment not more than one year and/or a fine of \$1,000.

#### **-Under 28 U.S.C. 860- Distribution or manufacturing in or near schools and colleges**

Any person in violation by distributing, possessing with intent to distribute, or manufacturing a controlled substance in or on, or within one thousand feet of, the real property comprising a public or private elementary, vocational, or secondary school or a public or private college, junior college, or university, or a playground, or housing facility owned by a public housing authority, or within 100 feet of a public or private youth center, public swimming pool, or video arcade facility is punishable by imprisonment from 20 years to life and/or a fine up to \$20,000,000 for a first offense.

### **State:**

#### **-KSA 41-727-Purchase or consumption of alcoholic beverage by minor; penalty; exceptions; tests; detainment.**

No person under 21 years of age shall possess, consume, obtain, purchase or attempt to obtain or purchase alcoholic liquor or cereal malt beverage except as authorized by law. Violation of this section by a person 18 or more years of age but less than 21 years of age is a class C misdemeanor for which the minimum fine is \$200. In addition to any other penalty provided for a violation of this section: (1) The court may order the offender to do either or both perform 40 hours of public service or attend and satisfactorily complete a suitable educational or training program dealing with the effects of alcohol or other chemical substances when ingested by humans.

#### **KSA 21-5607- Furnishing alcoholic liquor or cereal malt beverage to a minor; furnishing alcoholic beverage to a minor for illicit purposes.**

Furnishing alcoholic liquor or cereal malt beverage to a minor is a class B person misdemeanor, punishable by a minimum \$200 Fine. Furnishing alcoholic beverages to a minor for illicit purposes is a severity level 9, person felony.

#### **KSA 21-5608- Unlawfully hosting minors consuming alcoholic liquor or cereal malt beverage.**

Unlawfully hosting minors consuming alcoholic liquor or cereal malt beverage is a class A person misdemeanor, punishable by a minimum \$1,000 fine and potential community serves or public service at an alcohol treatment facility.

**KSA 21-5705- Unlawful Cultivation or distribution of controlled substances.**

It is unlawful for any person to distribute or possess with the intent to distribute any controlled substances or controlled analogs.

**KSA 21-5706 – Unlawful possession of controlled substances**

It is unlawful for any person to possess any opiates, opium or narcotic drugs, or a controlled substance analog.

**Local:**

**9.50.020- Controlled Substances prohibited**

It shall be unlawful for any person to possess or have under such person’s control, prescribe, administer, deliver, distribute, dispense, compound, sell, offer for sale or have in such person’s possession with intent to sell, deliver or distribute, any controlled substance.

**9.50.080 Penalties**

Any person who violates any of the provisions of TMC 9.50.010 through 9.50.070 within the corporate city limits of the city shall be guilty of a misdemeanor and shall be punished by a fine not to exceed \$2,500, or by imprisonment not to exceed one year, or both fine and imprisonment

**Simulated Controlled Substances**

It is unlawful to use, posses, possess with intent to use a simulated substance. It is unlawful to knowingly deliver or cause to be delivered any substance which is not a controlled substance: upon express representation that the substance is a controlled substance or that the substance is of such nature or appearance that the recipient will be able to distribute as a controlled substance or under circumstances which would give a reasonable person reason to believe the substance is a controlled substance.

**Washburn Alcohol and Drug Policy**

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**Health Risks Associated:**

- You can’t predict the effect that a drug can have on you—especially if it’s the first time you try it, and even if it’s a small amount or dose. Everyone's brain and body chemistry are different. Everyone's tolerance for drugs is different.

- Using drugs can lead to abuse, addiction, serious health problems, and even death.
- Drugs that are legal—prescription and over-the counter (OTC) medications—can be just as dangerous as illegal drugs.

### **Narcotics**

- Fentanyl, Heroin, Hydromorphone, Methadone, Morphine, Opium, Oxycodone
- Can cause dependence. Withdrawal from certain narcotics can be life-threatening. Single doses can produce impaired cognitive and motor functioning and fluctuations in mood and awareness. Higher doses can cause respiratory arrest.

### **Stimulants**

- Amphetamines, Cocaine, Khat, Methamphetamine
- Can cause irritability, impaired judgment, impulsivity and grandiosity. Increased blood pressure, heart rate, body temperature, respiration, sweating. Have been linked to cardiovascular problems and convulsions, which can be lethal. Repeated dosing can lead to dependence as well as a paranoid psychosis.

### **Depressants**

- Barbiturates, Benzodiazepines, GHB, Rohypnol®
- Can cause aggression and violence, may render a victim unconscious within 20 minutes, and may cause death. The drug is colorless and odorless. Can cause dependence with withdrawal symptoms. Larger doses cause slurred speech, slowed reactions and excessive sleep. Large doses or doses with alcohol or other sedative hypnotics can result in respiratory depression and death.

### **Hallucinogens**

- Ecstasy/MDMA, K2/Spice, Ketamine, LSD, Peyote & Mescaline, Psilocybin, Marijuana/Cannabis, Steroids, Inhalants
- Increased blood pressure, muscular weakness, trembling, nausea, chills, impaired mood and unpredictable changes in emotions and sensations. Possible "flashbacks" sometime after use.

### **Resources:**

#### **On Campus:**

Office of Student Life: Morgan Hall, Suite 240, 670-2100

Health and Counseling Services: Morgan Hall, Suite 140, 670-1470

University Police- Morgan Hall, Room 135, 670-1153

Human Resources- Morgan Hall, Room 118, 785-670-1538

#### **DCCCA- Women's Recovery Center**

First Step at Lake View

3015 West 31st Street

Lawrence, KS 66047

Phone: 785.843.9262

[www.dccca.org](http://www.dccca.org)

#### **Center for Safety and Empowerment**

YWCA

225 SW 12<sup>th</sup> St.

Topeka, KS 66612  
24 Hour Crisis Line: (888) 822-2983  
[www.ywcaneks.org](http://www.ywcaneks.org)

**Alcoholics Anonymous**  
Help Line: 785-235-2226  
[www.aatopeka.org](http://www.aatopeka.org)

**Valeo Behavioral Health Care**  
330 Oakley (Northwest Entrance)  
Present at East Entrance after 5pm  
Topeka, KS 66606  
Recovery Center Services Information 785-783-7532  
[www.valeotopeka.org/services\\_recovery.cfm](http://www.valeotopeka.org/services_recovery.cfm)

**Sims-Kemper Clinical Counseling & Recovery Services**  
1701 SW Medford Ave.  
Topeka, KS 66604-3147  
785-233-0666  
[www.sims-kemper.com](http://www.sims-kemper.com)

**Shawnee Regional Prevention and Recovery Services, Inc.**  
2209 SW 29th Street  
Topeka, KS 66611  
785.266.8666  
[www.parstopeka.com](http://www.parstopeka.com)

**New Dawn Wellness and Recovery Center**  
4015 SW 21st Street  
Topeka, KS  
785-266-0202  
[www.newdawnrecovery.org](http://www.newdawnrecovery.org)