

Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of UIW are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on university property or at university sponsored activities.

The university affirms that illegal drug use is wrong and harmful. The use of illegal drugs and alcohol abuse by students and employees could result in cognitive deficits, loss of productivity and other health risks. These risks include an increased incidence of accidents which may result in death or permanent injury. For information regarding the health effects of alcohol/drug use, the law and resources available to UIW students and staff, please see the appendices of this document.

Students exhibiting signs of excessive alcohol consumption will, at a UIW Campus Police officer's discretion, be transported via Emergency Medical Services (EMS), and at the student's expense, for medical attention. Refusal to cooperate with EMS personnel may result in arrest for Emergency Detention in order to ensure the student's health and safety.

A. Policy on Parental Notification

UIW is concerned about students who improperly use alcohol and other drugs and the effects such use may have on their health, academic success, interpersonal relationships and, ultimately, their future.

The UIW alcohol policy expressly forbids possession and/or consumption of alcohol by students, employees or guests who are under the minimum legal drinking age of 21 years. Possession of drug paraphernalia and the use, manufacture, sale, or distribution of illegal drugs, whether on or off campus, by any student is also prohibited. In accordance with the Family Educational Rights and Privacy Act (FERPA), the Associate Dean of Judicial Affairs (or designee) reserves the right to notify the parents/guardians of students under 21 years of age, and the parents/guardians of dependent students, regardless of age, of any incident in which their student is found responsible for violating the UIW alcohol and drug policy.

B. Alcohol Policy

The following sections describe UIW's policy regarding the sale, service, distribution, and consumption of alcoholic beverages on university property or at university sponsored events in accordance with federal, state and local laws.

Basic Guidelines

1. Students who are 21 years of age or older are permitted to possess and consume alcohol in designated university housing rooms, if not residing with minors or if minors are not present. Students who are of legal drinking age may not share or provide alcohol to any students, employees or guests who are under 21 years of age.
2. Those under the minimum legal drinking age of 21 years are not permitted to possess or consume alcohol, or provide alcohol beverages to others anywhere on university property or at university sponsored events. Drinking games are prohibited on campus.
3. The university will not sell, serve or permit the sale of alcohol on campus except in specifically designated building or facilities names by the President of the university. The Dean of Student Success will maintain a current list of those facilities authorized for an alcohol permit on a permanent or temporary basis (as designated by the President of the University).
4. Alcohol beverages may not be possessed or consumed in classrooms, hallways, residence hall lounges, on athletic grounds, in the pool area, or in campus public areas including parking lots, streets and sidewalks or any other area unless designated by the President of the university. Any area on campus can be designated for "temporary use" at the discretion of the President or Dean of Student Success.
5. Alcoholic beverages may be sold, served, or consumed in special use facilities only if the activity is (a) in compliance with law, and (b) occurs at social gatherings approved by the Dean of Student Success or the President of the University.
6. Any sponsoring person or organization must obtain prior written approval from the Dean of Student Success for the sale, service or consumption of alcoholic beverages for a specific event. The Dean of Student Success reserves the right to deny the sale or consumption of alcoholic beverages at any event with sound reason.

7. The Dean of Student Success may approve alcoholic beverages at events meeting all the following conditions (a) The event is held in a special-use location, facility, or building; (b) The event is requested by an administrator, faculty, staff, student organization, university department or division; (c) The event will have a majority of individuals over 21 years of age in attendance; (d) Food is served and alternate non-alcoholic beverages are provided; (e) The sale and serving of alcoholic beverages be discontinued at least one hour before the event ends; (f) proper security for the event is provided at ticket booths and distribution areas where alcohol is sold and/or served and officers patrol the event location, and (g) Alcohol is dispensed by a licensed Texas Alcohol Beverage Commission (TABC) server or is BYOB*. *with permission
8. The Dean of Student Success, UIW Police Chief, Director of Special Events, and Director of University Events and Student Programs (if student group or organization) will determine the adequate number of security officers for the event.
9. At the beginning of each academic year, the Dean of Student Success or designee will publicize this policy in any of the following ways (a) An article in The Logos, addressed to all in the university community; (b) a memorandum to the presidents or chief officers of all student organization and their faculty or staff sponsors; (c) a presentation to all transfer and beginning students during the orientation process; and/or (d) a memorandum to the President, vice presidents, deans, and faculty.

C. Procedures For Serving Alcohol On Campus

1. A request for approval of service and consumption of alcoholic beverages at an on-campus event will be directed to the Dean of Student Success at least thirty (30) working days prior to the event. Sponsors initiating such a request should obtain an "alcoholic beverage activity permit" from the Dean of Student Success or the Director of Special Events.
2. At least fifteen (15) working days prior to the date of the proposed event, the sponsor should take the completed form to the Director of Special Events, who will inform the sponsor of any specific policy or procedural limitations regarding the use of the facility. If the Director of Special Events approves the proposed event, he or she will sign the "alcoholic beverage activity" permit and return it to the sponsor.
3. If the University's food service contractor will be used to serve the alcoholic beverages, the sponsor must contact the contractor at least fifteen (15) working days prior to the proposed event. The food service contractor should inform the sponsor of all requirements for service on the proposed date, and will coordinate TABC permits, if necessary.

4. The sponsor should then contact the Director of Campus Police at least fifteen (15) working days prior to the scheduled event in order to determine the need for officers at the scheduled event. The Director will assign the number of officers and assess the costs to be incurred by the sponsor. If he/she approves the proposed event, the Director will then sign the alcoholic beverage permit and return it to the sponsor.
5. The sponsor will deliver the form to the Dean of Student Success. If the Dean approves the event, he or she will sign the form, notify the sponsor, and send copies to offices involved in coordination of the event.
6. After the Dean of Student Success approves the event, the sponsor will notify the Director of Special Events who will then place the event on the University Calendar.
7. If a planned event is canceled, the sponsor is responsible for notifying the Dean of Student Success, the Directors of Campus Police, Special Events and Dining Services as soon as possible. The University will ensure that all permits required by the Texas Alcohol Beverage Commission (TABC) are approved prior to the activity.
8. Student organizations or groups should review the Student Organization Handbook - Requirement for Securing an Alcohol Permit at <file:///C:/Users/reneem/Downloads/Student%20Org%20Handbook%202015-16.pdf>

D. Violations of the University Alcohol Policy

UIW prohibits the unauthorized possession, use, or distribution of alcoholic beverages to others except as expressly permitted by law and UIW's Alcohol Policy. Students who violate these policies can expect significant sanctions, up to an including suspension or expulsion from the university. UIW's conduct system allows parent/guardians to be notified when their student who is under 21 years old has been found responsible for violating the alcohol policy. Although each student's alleged violation of the policy is reviewed on an individual basis, the sanctions below provide general guidelines for violations of UIW's alcohol policy.

1. Minor in Possession/Consumption of Alcohol or Residence Life Alcohol Policy Violations:

First Offense—Possible sanctions may include, but are not limited to:

- Participation in an alcohol education activity and/or a Minor in Possession course, at the student's expense;
- Authorship of a research/reflection essay;
- Notification of parents/guardians of students under the minimum legal drinking age of 21 years; and/or
- Other sanctions as determined by the Associate Dean of Judicial Affairs (or designee).

Second Offense— Possible sanctions may include, but are not limited to:

- Mandated substance abuse assessment by an approved agency and required compliance with the assessing counselor's evaluation;
- Authorship of a research/reflection essay;
- Notification of parents/guardians of students under the minimum legal drinking age of 21 years; and/or
- Other sanctions as determined by the Associate Dean of Judicial Affairs (or designee).

Third and Subsequent Offenses— Possible sanctions may include, but are not limited to:

- Suspension or expulsion from university housing and/or the university;
- Notification of parents/guardians of students under the minimum legal drinking age of 21 years; and/or
- Other sanctions as determined by the Associate Dean of Judicial Affairs (or designee).

2. Purchasing, Selling or Providing Alcohol to Minors:

First Offense— Possible sanctions may include, but are not limited to:

- Participation in an alcohol education activity at the student's expense and as determined by the Associate Dean of Judicial Affairs (or designee);
- Authorship of a research/reflection essay;
- Notification of parents/guardians of students under the minimum legal drinking age of 21 years;
- Eligibility restrictions;
- Other sanctions as determined by the Associate Dean of Judicial Affairs (or designee).

Second and Subsequent Offenses— Possible sanctions may include, but are not limited to:

- Suspension from the university;
- Notification of parents/guardians of students under the minimum legal drinking age of 21 years;
- Mandated substance abuse assessment by an approved agency and required compliance with the assessing counselor's evaluation;
- Notification of law enforcement authorities;
- Other sanctions as determined by the Associate Dean of Judicial Affairs (or designee).

- 3. *Driving Under the Influence/Driving While Intoxicated:*** UIW is concerned about students who violate state and local laws regarding consumption of alcohol and the operation of motor vehicles. In accordance with state law, the university abides by the legal definition of *intoxicated* as “not having the normal use of mental or physical faculties by reason of introduction of alcohol, a controlled substance, a drug, a dangerous drug, a combination of two or more of those substances, or any other substance into the body” (*Texas Penal Code*, Title 10, Chapter 49, Section 49.01) or 0.08 Breath or Blood Alcohol Concentration. In addition, students under the legal minimum drinking age of 21 years who are found to have any detectable amount of alcohol in their systems will be considered driving under the influence of alcohol and subject to penalties under that offense. Possible sanctions include:

First Offense— Possible sanctions may include, but are not limited to:

- Loss of driving and/or parking privileges on campus for a specified period of time;
- Participation in an alcohol education activity and/or a Minor in Possession course, at the student's expense and as determined by the Associate Dean of Judicial Affairs (designee);
- Authorship of a research/reflection essay;
- Notification of parents/guardians of students under the minimum legal drinking age of 21 years;
- Eligibility restrictions; and/or
- Other sanctions as determined by the Associate Dean of Judicial Affairs (or designee).

Second and Subsequent Offenses— Possible sanctions may include, but are not limited to:

- Suspension or expulsion from the university;
- Notification of law enforcement authorities;

- Notification of parents/guardians of students under the minimum legal drinking age of 21 years; and/or
- Other sanctions as determined by the Associate Dean of Judicial Affairs (or designee).

E. Illegal Drug Policy

The following sections describe UIW's policy regarding the possession, use, sale, manufacture, and distribution of illegal drugs on or off university property or at university sponsored events in accordance with federal, state and local laws. Students who violate these policies can expect significant sanctions, up to an including suspension or expulsion from the university however, this policy provides flexibility for the university in addressing drug related offenses which occur on or off campus. Moreover, it permits the university to address its fundamental Mission of holistic education and the development of human potential.

F. Violations of the Illegal Drug Policy

While recognizing that there is a need to address violations related to the use or possession of controlled substances, the university must address the education and well-being of all its students and employees. In addition to university imposed sanctions, students and employees are subject to all legal sanctions under federal, state and local law for any offenses involving illegal drugs on university property or at university activities.

Although each student's alleged violation of the policy is reviewed on an individual basis, the sanctions below provide general guidelines for violations of UIW's drug policy.

1. Manufacture, Sale or Distribution of Illegal Drugs

First Offense—Possible sanctions may include, but are not limited to:

- Expulsion from the university;
- Notification of parents/guardians of students under 21 years of age;
- Notification of law enforcement authorities; and/or
- Other sanctions as determined by the Associate Dean of Judicial Affairs (or designee).

- 2. For the Possession or Use of Drug Paraphernalia, Synthetic Substances and/or Illegal Drugs:** Drug paraphernalia (e.g. bong, pipes), illegal drugs, and synthetic substances (e.g. K2, Spice) whose common purpose is to replicate the effects of illegal substances are prohibited on campus.

First Offense—Possible sanctions may include, but are not limited to:

- Participation in a drug education activity, at the student's expense and as determined by the Associate Dean of Judicial Affairs (or designee);
- Authorship of a research/reflection essay;
- Notification of parents/guardians of students under 21 years of age;
- University housing probation for the long semester in which the infraction occurred (typically this constitutes fall or spring). The severity of the sanction will be determined at the discretion of the Dean of Student Success/Associate Dean of Judicial Affairs.
- Notification of law enforcement authorities; and/or
- Other sanctions as determined by the Associate Dean of Judicial Affairs (or designee).
- *NOTE: Depending upon the severity of the offense, suspension or expulsion is a possible sanction for a first offense.*

Second Offense— Possible sanctions may include, but are not limited to:

- Notification of parents/guardians of students under 21 years of age;
- Suspension from the university for a period of not less than the remainder of the semester in which the infraction occurred (Typically this constitutes a long semester, fall or spring.); or expulsion from the university.
- If suspension is imposed, mandated substance abuse assessment by an approved agency and required compliance with the assessing counselor's evaluation;
- Notification of law enforcement authorities;
- Other sanctions as determined by the Associate Dean of Judicial Affairs (or designee).

Third Offense

- A subsequent violation following a return to the university following suspension will result in expulsion.

G. Voluntary Disclosure/Safe Harbor

A student who has engaged in prohibited drug/banned drug or alcohol use is encouraged to seek assistance from Associate Dean of Judicial Affairs by voluntarily disclosing use *prior* to an alcohol or drug violation.

If the student seeks assistance *prior* to being identified as having violated this policy, the impermissible use will not be deemed an offense for purposes of determining sanctions under this policy. The Dean of Student Success and the Associate Dean of Judicial Affairs will work collaboratively to enforce this policy and to support all students participating in the Voluntary Disclosure/Safe Harbor program. Any student entering the safe harbor program may be required to take a drug test (at the student's expense) to establish a baseline for follow up testing.

Upon requesting Safe Harbor, a student must meet with Dean of Student Success or the Associate Dean of Judicial Affairs. This meeting must take place within 7 days of the student's request for Safe Harbor. The purpose of the meeting is to discuss the student's needs, and an initial plan to address the student's illegal alcohol or other drug use (e.g. substance abuse assessment; counseling; treatment, etc.).

While participating in the Safe Harbor program, the student must fulfill the planned requirements assigned by the Dean of Student Success/Associate Dean of Judicial Affairs. (Requirements will include speaking/meeting with a counselor/therapist about their substance abuse; receiving a substance abuse assessment from an assigned agency, etc.).

If a student fails to meet with the Dean of Student Success/Associate Dean of Judicial Affairs within 7-day timeframe, the request for Safe Harbor is considered null and void, and the student is subject to all potential consequences of illegal drug use.

The student will be permitted to remain in Safe Harbor for a reasonable period of time as determined by their treatment plan.

If the student is not permitted to continue participation as instructed by the counselor/therapist, he/she will not be permitted to return to participation until the counselor/therapist has determined that re-entry into intercollegiate sports is appropriate. At the conclusion of the treatment plan the student/student-athlete will be required to undergo a screening to verify that the student-athlete is free of illegal substances.

Failing to complete the treatment plan and/or any other requirements from the Dean of Student Success/Associate Dean of Student Success, and/or having a positive test for any banned substance that indicates new use after entering the program will be deemed a first offense under this policy.

For questions about the alcohol or drug policy or available resources, please contact:

Associate Dean of Judicial Affairs
Telephone: (210) 805-5864
Email: studentconduct@uiwtx.edu
Location: Administration Building, 439

H. Alcohol & Other Drug Education

Required Programs for Incoming Students

The University of the Incarnate Word has joined many other schools in the country by providing online alcohol education and sexual assault prevention. All first year and new transfer students are required to take each of these online courses provided by EduRisk.org. The programs are offered free of charge to the student.

Each of the four programs takes approximately 30 minutes to complete and is available by **August 1, 2016**. Complete all modules by September 16, 2016.

Click on the links below for more detailed information about these programs.

Lasting Choices: Protecting Our Campus from Sexual Assault

Topics covered:

- Sexual assault investigations
- The role of alcohol in sexual assault
- How to report incidents
- Intervention strategies

Healthy Relationships and Dating Violence

Topics Covered:

- Characteristics of healthy and unhealthy relationships
- Forms of dating abuse, including abuse in the LBGT community
- Victims of cyber abuse
- How students can get help

Harassment/Respect Among Peers

Topics Covered:

- The types of behaviors that can be considered harassment
- How to address and report harassing behaviors

Know Your Limit

Topics Covered:

- The importance of moderating alcohol intake
- The dangers of binge drinking
- Ways to intervene if friends have had too much to drink

Alcohol and Other Drug Resources and Prevention Education Opportunities

Students are encouraged to participate in co-curricular alcohol and other drug education/prevention programming offered throughout the year. The programming is both active and passive and is free to enrolled students. The activities include such events as: National Night Out, Guest Speakers, On-line programs; Risk Management Training; Residence Life programming, etc.

Alcohol: How Do You Measure Up?

An Interactive Assessment Tool; Program takes approximately 20 minutes

This tool lets students examine their drinking habits and compare them to their peers. It highlights impact such as:

- Money spent on drinks
- Caloric intake
- Possible adverse outcomes

Appendix A: Alcohol, Illegal Drugs & the Law [\(Back to TOC\)](#)

Texas State Law and Alcohol

The Texas Alcoholic Beverage Commission (TABC) provides the following summary of Texas state alcohol laws and the mandatory legal sanctions imposed upon individuals found in violation of the law. For more information visit the TABC website:

https://www.tabc.state.tx.us/laws/underage_drinking_laws.asp

Underage Drinking Laws

Minors who purchase, attempt to purchase, possess, or consume alcoholic beverages, as well as minors who are intoxicated in public or misrepresent their age to obtain alcoholic beverages, face the following consequences:

- Class C misdemeanor, punishable by a fine up to \$500
- Alcohol awareness class
- 8 to 40 hours community service
- 30 to 180 days loss or denial of driver's license

If a minor is seventeen years of age or older and the violation is the third offense, the offense is punishable by a fine of \$250 to \$2,000, confinement in jail for up to 180 days or both, as well as automatic driver's license suspension.

A minor with previous alcohol-related convictions will have his or her driver's license suspended for one year if the minor does not attend alcohol awareness training that has been required by the judge.

Penalties for Providing Alcohol to a Minor

Adults and minors who give alcohol to a minor also face a stiff penalty. The punishment for making alcoholic beverages available to a minor is a class A misdemeanor, punishable by a fine up to \$4,000, confinement in jail for up to a year, or both. Additionally, the violator will have his or her driver's license automatically suspended for 180 days upon conviction.

Persons 21 or older (other than the parent or guardian) can be held liable for damages caused by intoxication of a minor under 18 if the adult knowingly provided alcoholic beverages to a minor or knowingly allowed the minor to be served or provided alcoholic beverages on the premises owned or leased by the adult.

Sale to a minor is a class A misdemeanor, punishable by a fine up to \$4,000, confinement up to a year in jail, or both.

Zero Tolerance Law

In Texas it is illegal for a person under 21 to operate a motor vehicle in a public place while having ANY detectable amount of alcohol in their system. On September 1, 2009, this law was expanded to include watercraft in addition to motor vehicles.

1. The consequences for the minor on the first offense of driving under the influence of alcohol:
 - Class C misdemeanor, punishable by a fine up to \$500
 - Attendance at an alcohol awareness class
 - 20 to 40 hours of mandatory community service
 - 60 days driver's license suspension. The minor would not be eligible for an occupational license for the first 30 days.

2. A second offense increases the consequences to:
 - Class C misdemeanor, punishable by a fine up to \$500
 - Attendance at an alcohol awareness class at the judge's discretion
 - 40 to 60 hours of mandatory community service
 - 120 days driver's license suspension. The minor would not be eligible for an occupational license for the first 90 days.

3. A third offense is not eligible for deferred adjudication. The minor's driver's license is suspended for 180 days and an occupational license may not be obtained for the entire suspension period. If the minor is 17 years of age or older, the fine increases to \$500 to \$2,000, confinement in jail for up to 180 days, or both.

Appendix B: Information Regarding the Impact of Alcohol & Other Drug Use (AOD) [\(Back to TOC\)](#)

Effects of Alcohol

Alcohol affects every organ in the drinker's body and can damage a developing fetus. Intoxication can impair brain function and motor skills; heavy use can increase risk of certain cancers, stroke, and liver disease. Alcoholism or alcohol dependence is a diagnosable disease characterized by a strong craving for alcohol, and/or continued use despite harm or personal injury. Alcohol abuse, which can lead to alcoholism, is a pattern of drinking that results in harm to one's health, interpersonal relationships, or ability to work. Source: <https://www.drugabuse.gov/drugs-abuse/alcohol>

The National Institute on Alcohol Abuse and Alcoholism published the following information regarding the consequences of drinking and underage college students. For more information, visit these websites:

<http://www.collegedrinkingprevention.gov/StatsSummaries/snapshot.aspx> and

<http://pubs.niaaa.nih.gov/publications/CollegeFactSheet/CollegeFact.htm>

A Snapshot of Annual High-Risk College Drinking Consequences

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:** 1,825 college students between the ages of 18 and 24 die from alcohol-related unintentional injuries, including motor vehicle crashes ([Hingson et al., 2009](#)).
- **Injury:** 599,000 students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol ([Hingson et al., 2009](#)).
- **Assault:** 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking ([Hingson et al., 2009](#)).
- **Sexual Abuse:** 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape ([Hingson et al., 2009](#)).
- **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:** 3,360,000 students between the ages of 18 and 24 drive under the influence of alcohol (Hingson et al., 2009).
- **Vandalism:** About 11 percent of college student drinkers report that they have damaged property while under the influence of alcohol (Wechsler et al., 2002).
- **Property Damage:** More than 25 percent of administrators from schools with relatively low drinking levels and over 50 percent from schools with high drinking levels say their campuses have a "moderate" or "major" problem with alcohol-related property damage (Wechsler et al., 1995).
- **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 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 and the references for these studies go to:

<http://www.collegedrinkingprevention.gov/StatsSummaries/snapshot.aspx>

What is Binge Drinking?

Many college alcohol problems are related to binge drinking. Binge drinking is a pattern of drinking that brings blood alcohol concentration (BAC) levels to 0.08 g/dL. This typically occurs after 4 drinks for women and 5 drinks for men—in about 2 hours. Drinking this way can pose serious health and safety risks, including car crashes, drunk-driving arrests, sexual assaults, and injuries. Over the long term, frequent binge drinking can damage the liver and other organs.

How Much is a Drink?

To avoid binge drinking and its consequences, college students (and all people who drink) are advised to track the number of drinks they consume over a given period of time. That is why it is important to know exactly what counts as a drink. In the United States, a standard drink is one that contains about 14 grams of pure alcohol, which is found in:

- 12 ounces of beer with 5 percent alcohol content
- 5 ounces of wine with 12 percent alcohol content

- 1.5 ounces of distilled spirits with 40 percent alcohol content

Unfortunately, although the “standard” drink amounts are helpful for following health guidelines, they may not reflect customary serving sizes. A large cup of beer, an overpoured glass of wine, or a single mixed drink could contain much more alcohol than a standard drink. In addition, while the alcohol concentrations listed are “typical,” there is considerable variability in alcohol content within each type of beverage (e.g., beer, wine, distilled spirits).

Alcohol Poisoning and College Students

Thousands of college students are transported to the emergency room each year for alcohol poisoning, which occurs when high levels of alcohol suppress the nervous and respiratory systems and the body struggles to rid itself of toxins produced from the breakdown of alcohol. Signs of this dangerous condition can include:

- Mental confusion, stupor, coma, or the person cannot be roused
- Vomiting
- Slow or irregular breathing
- Hypothermia or low body temperature, bluish or pale skin

Alcohol poisoning can lead to permanent brain damage or death, so a person showing any of these signs requires immediate medical attention. Don't wait. Call 911 if you suspect alcohol poisoning.

Source: <https://www.drugabuse.gov/drugs-abuse/alcohol>

Commonly Used Drugs and their Risks

The National Institute on Drug Abuse provides the following information. Most drugs of abuse can alter a person's thinking and judgment, leading to health risks, including addiction, drugged driving and infectious disease. Most drugs could potentially harm an unborn baby; pregnancy-related issues are listed in the chart below for drugs where there is enough scientific evidence to connect the drug use to specific negative effects. To learn more about each of the following commonly used drugs, their street names, their possible long and short-term health effects, including combining them with alcohol, and treatment options, click on this link: <https://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs-charts>

- Alcohol
- Ayahuasca
- Cocaine
- GHB
- Hallucinogens
- Marijuana (Cannabis)
- MDMA (Ecstasy/Molly)
- Mescaline (Peyote)
- Methamphetamine
- Over-the-counter Cough/Cold Medicines (Dextromethorphan or DXM)
- Prescription Opioids
- Prescription Sedatives (Tranquilizers, Depressants)
- Prescription Stimulants
- Psilocybin
- Rohypnol® (Flunitrazepam)
- Salvia
- Steroids (Anabolic)
- Synthetic Cannabinoids
- Synthetic Cathinones (Bath Salts)
- Tobacco

Source: <https://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs-charts>

Appendix C: Alcohol and Other Drug Use Prevention, Education & Intervention Resources [\(Back to TOC\)](#)

Free prevention, education and intervention services are available to UIW students through the following offices:

Counseling Services

Telephone: (210) 829-5656

Location: Administration Building 4th floor Suite: 438

Webpage: <http://www.uiw.edu/campuslife/counseling.html>

Health Services

Telephone: (210) 829-6017

Office email: healthsvcs@uiwtx.edu

Location: Agnese/Sosa Living & Learning Center, Ground Floor (The entrance to our facility is behind the Ila Faye Miller School of Nursing; there is a red awning over the entrance).

Webpage: <http://www.uiw.edu/health/index.htm>

Other community resources, all which might include a fee, are listed below:

Alcoholics Anonymous	8804 Tradeway San Antonio, TX 78217	(210) 828-6235
Alpha Home (women only)	300 E. Mulberry Ave. San Antonio, TX 78212	(210) 735-3822
Army Substance Abuse Program Active, on duty military	1706 Stanley Rd. Ft. Sam Houston, TX	(210) 221-2988
Association for the Advancement of Mexican Americans	248 Post Ave. San Antonio, TX 78215	(210) 223-4004

Center for Health Care Services	3031 IH-10 West San Antonio, TX 78201	(210) 261-1000
Community Alliance for Traffic Safety (CATS)	7719 Pipers Lane San Antonio, TX 78251	(210) 681-8655
Crosspoint, Inc.	301 Yucca San Antonio, TX 78203	(210) 225-0864
Palmer Drug Abuse Program	111 Dallas Street San Antonio, TX 78205	(210) 227-2634
San Antonio Council on Alcohol & Drug Abuse (SACADA)	7500 U.S. Hwy 90 West, #100 South TX Center, AT&T Building San Antonio, TX 78227	(210) 225-4741

Appendix D Health & Risk Reduction Resources ([Back to TOC](#))

Ways to Lower your Risk of Harm

- Be aware of your surroundings – who’s out there and what’s going on.
- Walk with confidence. The more confident you look, the stronger you appear.
- When walking at night have keys ready and if possible, cell phone in hand.
- Know your limits when it comes to using alcohol.
- Be assertive — don’t let anyone violate your space.
- Trust your instincts. If you feel uncomfortable in your surroundings, leave.
- Don’t prop open self-locking doors.
- Lock your door and your windows, even if you leave for just a few minutes.
- Watch your keys. Don’t lend them, leave them or lose them. And don’t put your name and address on the key ring.
- Watch out for unwanted visitors. Know who’s on the other side of the door before you open it.
- Be wary of isolated spots, like underground garages, offices after business hours, and apartment laundry rooms.
- Avoid walking or jogging alone, especially at night. Vary your route. Stay in well-traveled, well-lit areas.
- Have your key ready to use before you reach the door — school, home, car, or work.
- Park in well-lit areas and lock the car, even if you’ll only be gone a few minutes.
- Drive on well-traveled streets, with doors and windows locked.
- Never hitchhike or pick up a hitchhiker.
- Keep your car in good shape with plenty of gas in the tank.
- In case of car trouble, call for help on your cell phone. If you don’t have a phone, put the hood up, lock the doors, and put a banner in the rear mirror that says, “Help. Call police.”

UIW Campus Resources([Back to TOC](#))

UIW Police Department

Telephone: For emergencies, call (210) 829-6030, or extension, 6030 from any on-campus phone

Location: Clement Hall, First Floor

UIW Counseling Services

Telephone: (210) 829-5656

Location: Administration Building 4th floor Suite: 438

UIW Health Services

Telephone: (210) 829-6017

Location: Agnese/Sosa Living & Learning Center, Ground Floor (The entrance to our facility is behind the Ila Faye Miller School of Nursing; there is a red awning over the entrance).

UIW Student Conduct

Telephone: 210-805-5864

Location: Administration Building, 439

Community Health Resources

Hospitals

Christus Santa Rosa Alamo Heights Hospital	403 Treeline Park San Antonio, TX 78209	(210) 294-8000
Methodist Hospital	7700 Floyd Curl Drive San Antonio, TX 78229	(210) 575-4000
Methodist Speciality & Transplant Hospital	8026 Floyd Curl Drive San Antonio, TX 78229	(210) 575-8110
Northeast Baptist Hospital	8811 Village Drive #300 San Antonio, TX 78217	(210) 297-7005
University Health System	4647 Medical Dr San Antonio, TX 78229	(210) 358-8145

Minor Emergencies

Alamo Heights Minor Emergency	6496 N New Braunfels Ave, San Antonio, TX 78209	(210) 930-4500
Alamo City Medical Group River Walk Clinic	414 Navarro St # 809 San Antonio, TX 78205	(210) 225-4810

Alcohol, Other Drugs, & Mental Health

Alcoholics Anonymous	8804 Tradeway San Antonio, TX 78217	(210) 828-6235
Center for Health Care Services	3031 IH-10 West San Antonio, TX 78201	(210) 261-1000
Catholic Charities	7711 Madonna San Antonio, TX 78216	(210) 337-1133

Christus Santa Rosa Health Care	333 N. Santa Rosa San Antonio, TX 78207	(210) 704-3007
Esperanza Area Narcotics Anonymous	3701 W. Commerce San Antonio, TX 78207	(210) 434-0665
Family Violence Prevention Center (Domestic Abuse Treatment Center)	7911 Broadway St, San Antonio, TX 78209	(210) 733-8810
Jewish Family Services of San Antonio	12500 N.W. Military San Antonio, TX 78231	(210) 302-6920
Laurel Ridge Treatment Center	17720 Corporate Woods Dr. San Antonio, TX 78259	(210) 491-9400
Methodist Speciality & Transplant Hospital	8026 Floyd Curl Drive San Antonio, TX 78229	(210) 575-8110
NAMI – National Alliance on Mental Illness	510 Belknap Place San Antonio, TX 78212	(210) 734-3349
Palmer Drug Abuse Program	111 Dallas Street San Antonio, TX 78205	(210) 227-2634
San Antonio Council on Alcohol & Drug Abuse (SACADA)	7500 U.S. Hwy 90 West, #100 South TX Center, AT&T Building San Antonio, TX 78227	(210) 225-4741
San Antonio Rape Crisis Center (24 hour crisis hotline)	7500 W U.S. Hwy 90 San Antonio, TX 78227	(210) 349-7273

Other Helpful Resources:

Centers for Disease Control and Prevention: Promote healthy and safe behaviors, communities and environment www.cdc.gov/Violenceprevention/sexualviolence/index.html

Joyful Heart Foundation provides programs to heal, educate, and advocate for victims of sexual assault, domestic violence and child abuse. <http://www.joyfulheartfoundation.org/>

Love is Respect: A resource to empower youth to prevent and end dating abuse. It is a project of Break the Cycle and the National Domestic Violence Hotline. <http://www.loveisrespect.org/>

Men Can Stop Rape: To mobilize men to use their strength for creating cultures free from violence, especially men's violence against women. <http://www.mencanstoprape.org/>

National Associations of Anorexia Nervosa and Associated Disorders seeks to prevent and alleviate the problems of eating disorders, especially including anorexia nervosa, bulimia nervosa and binge eating disorder <http://www.anad.org/>

National Center for Victims of Crime: nonprofit organization that advocates for victims' rights, trains professionals who work with victims, and serves as a trusted source of information on victim's issues. www.nij.gov/topics/crime/rape-sexual-violence/pages/welcome.aspx

The National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Callers to The Hotline at 1-800-799-SAFE (7233) can expect highly trained, experienced advocates to offer compassionate support, crisis intervention information and referral services in over 170 languages. <http://www.thehotline.org/>

The National Eating Disorders Association. A non-profit organization in the United States advocating on behalf of and supporting individuals and families affected by eating disorders <http://www.nationaleatingdisorders.org/>

National Institute of Justice: nonprofit organization that advocates for victims' rights, trains professionals who work with victims, and serves as a trusted source of information on victims' issues. <http://www.nij.gov/topics/crime/rape-sexual-violence/pages/welcome.aspx>

The National Organization of Sister of Color Ending Sexual Assault (SCESA): addresses multiple layers of discrimination faced by Women of Color and Communities of Color . Ensures inclusion of our experiences in systems-wide responses, and establish social change initiatives related to sexual assault on a state, territory, and national level. www.breakthecycle.org

Not Alone: provides information for students, schools, and anyone interested in finding resources on how to respond to and prevent sexual assault. www.notalone.gov

Rape, Abuse & Incest National Network (RAINN): the nation's largest anti-sexual violence organization. Created and operates the National Sexual Assault Hotline in partnership with over 1,000 local sexual service providers and operates the DOS Safe Helpline for the Department of Defense. Implements programs to prevent sexual violence, help victims, and ensure that perpetrators are brought to justice. www.rainn.org

That's Not Cool: national public education initiative that partners with young people to help raise awareness and bring educational and organizing tools to communities to address dating violence, unhealthy relationships, and digital abuse. <https://thatsnotcool.com/>