



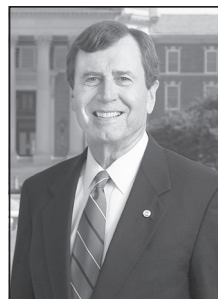
What Parents and Families Should Know
About Alcohol and Drugs on Campus

2011-2012



SMU | STUDENT
AFFAIRS

Office of the Dean of Student Life



Dear SMU Parents,

An important part of the collegiate experience is the freedom to make choices, to explore different areas of interest, and to enjoy new experiences. Unfortunately, this freedom also brings with it the risk of making choices that have dangerous consequences, especially with regard to drug and alcohol abuse, a challenge facing high schools, colleges and universities throughout the nation.

This challenge calls for a partnership involving the University through our programs to educate, assist and enforce; parents, who can remain a tremendous influence on their students; and students themselves, who must be responsible for heeding laws and regulations. Because we take this partnership seriously, we are providing this brochure with information on the potential risks of substance abuse and our related policies, services and programs. In addition, as the result of a recent campus task force, I have established a President's Commission on Substance Abuse Prevention to monitor our efforts, keep up to date with trends, and suggest improvements as needed. You can read the task force report and other helpful information at www.smu.edu/liveresponsibly.

Our hope is that this publication will help you discuss the issue of substance abuse with your student, raise awareness of the risks involved and encourage using our services if assistance is needed. In the final analysis, no matter what preventive programs a university offers, it is up to each individual student to make wise lifestyle choices. Research has shown that open and frequent parent-to-student communication is essential in promoting healthy and responsible behavior. We can all be important members of a community of care, enabling our students to reach their academic goals while enjoying a vibrant campus experience.

Welcome to our University family and best wishes.

R. Gerald Turner
President

Consequences of High-Risk College Drinking

Data published by the National Institute on Alcoholism and Alcohol Abuse (NIAAA) illustrate the extent and impact of alcohol abuse on college campuses.

- **Death:** 1,700 college students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries, including motor vehicle crashes.
- **Injury:** 599,000 students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol.
- **Assault:** More than 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking.
- **Sexual Abuse:** More than 97,000 students between the ages of 18 and 24 are victims of alcohol-related assault or date rape.
- **Unsafe Sex:** 400,000 students between the ages of 18 and 24 have unprotected sex, and more than 100,000 students in this age group have reported having been too intoxicated to know if they gave consent to have sex.
- **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.
- **Health Problems/Suicide Attempts:** More than 150,000 students develop an alcohol-related health problem, and between 1.2 and 1.5 percent indicate that they tried to commit suicide within the past year due to drinking or drug use. (NIAAA, 2005)

It is important to remember that these consequences may affect your son or daughter whether or not they drink.

Drugs Reported on College Campuses

In addition to engaging in high-risk drinking, some college students report using illicit drugs. According to the 2009 CORE Alcohol and Drug Survey, 30.1 percent of college students nationwide reported marijuana use in the last year, 5.2 percent reported cocaine use, and 4.2 percent reported using sedatives.

Talk with Your Student about Alcohol and Drug Use

Communication with your student about alcohol and other drugs is an important, ongoing conversation. Ultimately, it is up to them to make responsible choices, but studies show that parents continue to influence college students. Your opinions and guidance do make a difference. Here are some tips that might help...

■ **Prepare for the conversation**

Plan for the conversation and exchange information face-to-face rather than over the phone. Have these discussions before your student leaves for school. Look for and create “teachable moments” around television news, books, newspapers, etc. that deal with substance abuse in college settings. Talk with other parents (the SMU Mothers’ and Dads’ Clubs are excellent resources to learn from the experiences of other parents).

■ **Listen**

Ask your student to talk about alcohol and other drugs. Communicate calmly and clearly. Find out what concerns and fears they have.

■ **Make your expectations clear**

College is a huge investment of time and money. Set clear expectations for your son or daughter to focus on academic work and personal development. Underage alcohol consumption, use of illicit drugs and alcohol-impaired driving are illegal. Make it clear you do not condone breaking the law.

■ **Offer information**

Alcohol is toxic and far too many students die from alcohol poisoning and related accidents each year. Discourage high-risk drinking behaviors such as drinking games and/or drinking “shots.”

■ **Help your student take a stand**

Every student has a right to a safe academic and living environment. Discuss ways to handle situations ranging from interrupted study time to assault or unwanted sexual advances. Help your student identify when to confront a situation directly and when to notify residence hall staff or law enforcement officials.

■ **Be a good role model**

Be consistent in your words and actions. Assess and review your own feelings about alcohol and other drug use. Consider how your attitudes and actions may influence your son’s or daughter’s choices.

Parents and Families Need to Stay Involved

- Pay attention to your college student's experiences and activities during the crucial first 6 weeks on campus. Call your student frequently during this time period. With a great deal of free time, many students initiate heavy drinking during these early days of college, and the potential exists for excessive alcohol consumption to interfere with successful adaptation to campus life.
- Inquire about their roommates, the roommates' behavior and how disagreements are settled or disruptive behavior is dealt with.
- Make sure that your son or daughter understands the penalties for underage drinking, public drunkenness, using a fake ID, driving under the influence, assault, and other alcohol-related offenses.
- Make certain that they understand how alcohol use can lead to date rape, violence, academic failure and other negative consequences.
- Call and/or visit SMU's Center for Alcohol and Drug Abuse Prevention at 214-768-2277 or at www.smu.edu/healthcenter/alcholeducation.
- Pay your student an unexpected visit. Ask to meet their friends. Attend Family Weekend and other campus events open to parents and families.
- Continue to stay actively involved in the life of your son or daughter. Even though they may be away at college, they continue to be an extension of your family and its values.

Special Note:

While it is legal in the State of Texas for minors to consume alcohol in the presence of their parents, should you choose to allow your minor student to consume alcohol, please note that they must remain in your physical presence the entire time the alcohol is in their system. Also note that SMU restricts where alcohol may be consumed on campus.

What are Some Substance Use Risk Factors?

- Family history of alcohol/drug dependency
- An initial high tolerance: minimal effects are felt at the onset of alcohol use
- An acquired high tolerance: due to repeated exposure, more alcohol is needed to achieve the same effect
- High-risk drinking behaviors: drinking to get drunk, any drinking that causes tolerance to increase, drinking games and contests, doing shots of alcohol
- Heavy episodic drinking
- Use of drugs that are illegal or not prescribed to the student.

What are Signs and Symptoms of Substance Abuse?

Depending on the type of substance being used, a person may exhibit one or more of the following behaviors:

- Loss of inhibition, poor judgment, slow reactions, loss of coordination
- Sudden changes in attitude, work, or behavior
- Sudden deterioration of friendships
- “Explosive” arguments over small matters
- Frequent hangover symptoms
- Secretive behaviors, paranoia
- Erratic behavior, forgetfulness, indecision, mood swings
- Deterioration in personal appearance, poor hygiene
- Hyperactivity, easy excitability, restlessness
- Financial problems, frequent borrowing of money
- Stealing or lying
- Changes in sleep patterns
- Deteriorating work quality, missed deadlines, missed class, falling grades
- Easily fatigued or constantly tired
- Physical changes like blood spots or bruises on skin, bloodshot or watery eyes, runny or irritated nose, persistent cough, sore throat

- Changes in weight
- Changes in speech – slurred, faster or slower
- Tremors or jitters
- Constricted or dilated pupils
- Unusual odors (odor of marijuana, solvents, etc.)

The presence of one or more of these behavioral cues does not necessarily mean that someone is using substances, but these cues usually indicate that something is wrong. If you observe these behaviors in your student, talk to them and offer to connect them to campus resources if there are issues that need professional attention.

What is Considered High-Risk and Low-Risk Behavior on the Part of my Student?

Low-Risk Behavior is:

- Thinking about whether you will drink before the party
- Being 21 or older
- Eating a meal before drinking
- Abstaining is the lowest risk choice
- Drinking no more than one drink per hour; no more than 3 drinks per day
- Always knowing what you are drinking
- Alternating alcohol-free drinks throughout the evening
- Knowing how you will get home safely before you go out

High-Risk Behavior is:

- Chugging, drinking games, shots (drinking anything out of a punch bowl, trough, hose, or funnel)
- Drinking to get drunk (intoxicated)
- Driving after drinking or riding with someone under the influence
- Drinking too much or too fast on an empty stomach
- Not knowing what is in your glass or leaving it unattended
- Mixing alcohol with any medications or illegal drugs
- Going to parties where people drink too much

What Are Other Risks of Substance Use?

Substance use presents obvious immediate health risks such as alcohol poisoning and death from overdose. Substance use also presents immediate safety risks that are not so obvious.

- A decrease in the ability to make safe and healthy decisions
- The increase in violence associated with alcohol and other drugs
- The increased likelihood of sexual assault

What Does the SMU Student Code of Conduct Say About Alcohol and Drugs?

The University strictly enforces state law and prohibits the possession and consumption of alcohol by those younger than 21 as well as the use, sale, possession or manufacturing of any controlled substance. The SMU Student Code of Conduct applies to conduct that occurs both on and off campus. A complete copy of the SMU Student Handbook can be found on the SMU Student Life web page www.smu.edu/studentlife/studenthandbook.

Information about the University alcohol and/or drug use policies for students living in on-campus housing (residence halls and apartments) can be found on the the SMU Residence Life and Student Housing web page www.smu.edu/housing/commstand.asp.

Will You Notify Me if My Student Gets “Into Trouble”?

SMU looks to parents as “partners” in this fight against the increasing use and abuse of alcohol and other drugs. Except in unusual circumstances, parents are informed by the Dean of Student Life office of issues involving their students as follows:

- If a student is found responsible for a violation of the alcohol or drug policies.
- In emergency situations, such as a student hospitalization for a serious health matter, the Dean of Student Life office may call the parents.
(Please make sure your student maintains current contact information on file with the Registrar’s Office and in Access.SMU so that we can contact you, if necessary)

What If My Student Violates the SMU Code of Conduct by Using or Possessing Alcohol and/or Drugs?

The Student Conduct and Community Standards Office assists students in their personal development by providing a fair conduct review process that issues consistent sanctions for behavior that is incongruent with the University's expectations for students. The Office addresses academic and non-academic behavior. We are available to answer questions at 214-768-4563.

When the standards of conduct regarding alcohol and/or drugs are violated, SMU will impose, at a minimum, the following sanctions:

Alcohol Violation (minimum sanctions)

(Sanctions may be assigned by the Conduct Officer or Conduct Board as deemed appropriate)

Informal Resolution

A student found responsible for their first violation of the alcohol policy (where there are no other factors involved, such as but not limited to, noise, failure to comply, possession of a fictitious identification card, etc.) will have their violation handled in an informal meeting with a conduct officer. The student will be given an informal warning, parents will be notified, and the student will be asked to follow up with their conduct officer. Informal resolutions are kept on file in the Dean of Student Life office, they are not reported to outside agencies such as graduate schools or employers.

Informal Warning

A written notice indicating a violation of the student code of conduct that is not considered part of a student's formal disciplinary record.

First Violation:

- Conduct Reprimand - The individual will be given formal notice by the Conduct Board or the Conduct Officer that they have violated the Student Code of Conduct or University policy. If the individual is found in violation of a further charge, that case will be considered more seriously.

- Completion of online screening called E-Chug
- Referral to the Center for Alcohol and Drug Abuse Prevention for an individual assessment
- Educational sanction (including but not limited to a class, reflection paper, research paper, meetings with Conduct Officer, or activity)
- \$100 Fine
- Parent notification

Second Violation:

- Disciplinary Probation - A student is given a warning that further violations will result in consideration of suspension.
- Completion of online screening called E-Chug
- Referral to the Center for Alcohol and Drug Abuse Prevention for an individual assessment
- Educational sanction (including but not limited to a class, reflection paper, research paper, meetings with Conduct Officer, or activity)
- \$150 Fine
- Parent notification

Third Violation:

- Deferred Suspension: Individual suspension may be deferred (not enforced). Deferred terms, i.e., conditions of the deferred suspension and its duration, will be set by the Conduct Officer or Conduct Board that imposed the sanction. If a succeeding Conduct Officer or Conduct Board finds the student responsible for violating the terms of deferred suspension during the period set up by the preceding Conduct Officer or Conduct Board, the student may be suspended.
- Completion of online screening called E-Chug
- Referral to the Center for Alcohol and Drug Abuse Prevention for an individual assessment
- Educational sanction (including but not limited to a class, reflection paper, research paper, meetings with Conduct Officer, or activity)
- \$200 Fine
- Parent notification

Fourth Violation:

- **Suspension from the University:** An individual will be dismissed from the University for an assigned time period, and under the conditions deemed necessary by the conduct review process. A student suspended from the University may not enter campus grounds for any reason during the period of her/his suspension without the express written permission from the Office of the Dean of Student Life. A student suspended from the University before the academic semester ends will not receive a refund of any monies paid, including tuition, fees, and room and board. No academic credit earned during the period of suspension at any other institution may be transferred to SMU. A disciplinary suspension and its effective dates are recorded on a student's academic transcript. The notation remains for the time the student is enrolled in the University and is removed three years after graduation. If the student leaves the University before graduation, the notation is removed three years after the anticipated date of graduation from the University.
- **Parent notification**

Drug Violation (minimum sanctions)

(Sanctions may be assigned by the Conduct Officer or Conduct Board as deemed appropriate)

First Violation for personal use marijuana:

- **Deferred Suspension:** Individual suspension may be deferred (not enforced). Deferred terms, i.e., conditions of the deferred suspension and its duration, will be set by the Conduct Officer or Conduct Board that imposed the sanction. If a succeeding Conduct Officer or Conduct Board finds the student responsible for violating the terms of deferred suspension during the period set up by the preceding Conduct Officer or Conduct Board, the student may be suspended.
- **Completion of online screening called E-Token**
- **Referral to the Center for Alcohol and Drug Abuse Prevention for an individual assessment**

- Educational sanction (including but not limited to a class, reflection paper, research paper, meetings with Conduct Officer, or activity)
- \$500 Fine
- Parent notification

Second Violation for personal use marijuana; First Violation for other drug use or distribution, or for a positive drug test:

- Suspension from the University: An individual will be dismissed from the University for an assigned time period, and under the conditions deemed necessary by the conduct review process. A student suspended from the University may not enter campus grounds for any reason during the period of her/his suspension without the express written permission from the Office of the Dean of Student Life. A student suspended from the University before the academic semester ends will not receive a refund of any monies paid, including tuition, fees, and room and board. No academic credit earned during the period of suspension at any other institution may be transferred to SMU. A disciplinary suspension and its effective dates are recorded on a student's academic transcript. The notation remains for the time the student is enrolled in the University and is removed three years after graduation. If the student leaves the University before graduation, the notation is removed three years after the anticipated date of graduation from the University.
- Parent notification

SPECIAL NOTE: *SMU strictly enforces the state law which prohibits the possession and consumption of alcohol by those students under the age of 21 and the misuse of alcohol for those students over the age of 21. We also require compliance with all local, state and federal laws regarding controlled substances to include, but not limited to, their use, sale, possession or manufacture. According to Section 2.09 of the SMU Code of Conduct, "Students will, at all times and in all activities, respect the rights of others, maintain responsible behavior conducive to the teaching and learning environment, and uphold the integrity of the University both on and off campus."*

Additional Legal Ramifications

In addition to violating the Student Code of Conduct, a student's behavior may also be a violation of the law. In these cases, action by law enforcement authorities may also occur. Thus, students may be adjudicated through the Dean of Student Life office as well as through the court system.

- **Alcohol:** Minors convicted in the criminal court system of possession or consumption of alcoholic beverages may be subject to fines, suspension of driver's license, community service and a mandatory alcohol education class. Convictions for providing alcohol to minors is a Class A misdemeanor which can subject individuals to fines up to \$4,000 and a jail term of up to one year. Convictions for driving while intoxicated may subject individuals to fines totaling as much as \$2,000 and a jail term of up to six months for a first offense. Fines and jail terms escalate after the first conviction.
- **Controlled Substance (Drugs):** Sanctions upon conviction in the criminal court system for possession, distribution, or manufacture of controlled substances range from fines to probation to imprisonment. Amount of fines, terms of probation, or years of imprisonment generally are contingent upon the circumstances and amounts of drugs in possession, sale, distribution, or manufacture.
- **Fictitious License or Certificate:** Students under the age of 21 may not possess documentation which represents them as being 21 years of age or older. Texas law states, "A person under the age of 21 years commits an offense if the person possesses, with the intent to represent that the person is 21 years of age or older, a document that is deceptively similar to a driver's license or a personal identification certificate unless the document displays the statement 'NOT A GOVERNMENT DOCUMENT' diagonally printed clearly and indelibly on both the front and back of the document in solid red capital letters at least one-fourth inch in height." This type of offense is a Class C misdemeanor.

SPECIAL NOTE: Violations of the Student Code of Conduct are documented in conduct files which are maintained in the Dean of Student Life Office. The information in these files is subject to the Family Educational Rights and Privacy Act of 1974 (as amended).

If paying the fine is not feasible, students may complete adjudicated service hours on campus in lieu of paying the fine. Arrangements for this can be made through the Student Conduct and Community Standards Office.

The Call for Help Program

Good Samaritan Policy / Medical Amnesty Policy

- Student welfare is a primary concern at SMU. Everyone is responsible for creating a healthy community that cares for one another. One demonstration of caring involves seeking medical assistance for fellow students when lives may be in danger due to alcohol and/or drug intoxication. To seek medical assistance, please call 911.
- Students who seek medical assistance for themselves (Medical Amnesty) or another person (Good Samaritan) due to intoxication of alcohol and/or drugs will not normally be subject to the SMU discipline process, except when it has been determined that another violation of university policy has occurred (for example destruction of university property; fire safety violation; physical harm to another person, etc.).
- Any exemption from the SMU discipline process which is granted under this policy may only apply to disciplinary action and/or sanctions under the SMU alcohol and/or drug policies in the SMU Student Code of Conduct (<http://smu.edu/studentlife/studenthandbook>) and therefore does not prevent the SMU Police or another police agency from detaining a student, issuing a citation, or making an arrest if they deem that action necessary.
- In order for this policy to apply, the student must agree to complete any and all recommendations made by an Alcohol and Drug Counselor in the SMU Center for Alcohol and Drug Abuse Prevention. (These recommendations will include at minimum an individual appointment with a counselor and a follow-up appointment).
- While this policy applies to individual students, if an organization has been found in violation of the university's alcohol and/or drug policies, then the organization's willingness to seek medical assistance for a guest may be viewed as a mitigating factor if or when sanctions are issued.

Substance use turns to abuse when the use of alcohol or other drugs is detrimental to the health of the individual or the health of others. Since the University is a community, the behavior of each student affects the health, safety, and behavior of other students.

What Is FERPA?

The Family Educational Rights and Privacy Act (FERPA) is a Federal law that protects the privacy of student educational records. We are not able to release ANY personally identifiable information to a third party (that includes you, parents) **without the student's written consent**. The law does, however, allow colleges and universities to notify parents or guardians about illegal alcohol and drug use. Because many undergraduate students want to allow their parents access to all or some of their education records, SMU has developed a user-friendly online service. Students now can authorize their parents to view and receive this information by using the Release of Education Records feature in the self-service component of Access.SMU, the University's student information system. Parents and students are encouraged to discuss this service for release of information, which we hope is helpful in facilitating communication about students' educational experience. For more information regarding FERPA, visit www.smu.edu/registrar/FERPA.

Campus and Local Resources

Alcoholics Anonymous

www.aadallas.org

Highland Park United Methodist Church hosts the "Upper Room" meeting at 7:30 p.m. Mondays in Room 252. A student led group meets in Room 384 on Wednesdays at 6:30 p.m.

Because I Care

214-768-2393

This course provides students with the information and skills they need to intervene with friends who are abusing substances.

Live Responsibly Web site

www.smu.edu/liveresponsibly

Find campus resources and read the report by the University's Task Force on Substance Abuse Prevention.

Peer Advising Network

214-768-2393

PAN is an organization of students who work to positively influence students to avoid the health problems that come with substance use.

Training for Intervention Procedures (TIPS)

214-768-2393

The TIPS program helps students take a leading role in the effort to prevent intoxication, alcohol misuse and drunken driving.

Additional Resources for Students

Dean of Student Life Office

Lisa S. Webb, Ed.D., Associate Vice-President for Student Affairs/
Dean of Student Life

Hughes-Trigg Student Center, Room 302, 214-768-4564
www.smu.edu/studentlife

The Dean of Student Life serves as a resource for faculty, staff, students and their parents. The dean regularly meets with individual students and takes an active role in supporting student success, both academically and personally.

Center for Alcohol & Drug Abuse Prevention

John Sanger, M.S., LPC, NCC, Director
Jan K. McCutchin, M.A., LCDC, NCAC II, Coordinator
Galen Laprocido, M.S., Health Educator
Memorial Health Center, 2nd Floor, 214-768-2277
www.smu.edu/alchoholeducation/

The Center for Alcohol and Drug Abuse Prevention provides students with a confidential source of help when confronted with alcohol or drug abuse or addiction issues. The office promotes activities and programs with student support to focus campus attention on the problems of alcohol and drug abuse. Assessments, interventions, referrals, and short-term counseling as well as on-going support for recovering students are also available.

Parent and Family Programs Office

Deanie Kepler, Ph.D., Director
Hughes-Trigg Student Center, Room 302, 214-768-4797
www.smu.edu/parents

The Parent and Family Programs Office is available to help answer your questions and assist you in connecting your student to the right resources on campus.

Student Conduct and Community Standards Office

Evelyn L. Ashley, Ph.D., Assistant Dean of Student Life and Director
Hughes-Trigg Student Center, Room 302, 214-768-4563
www.smu.edu/studentlife/DoSL_Conduct.asp

Assists students in their personal development by providing a fair conduct review process that issues consistent sanctions for behavior that is incongruent with the University's expectations for students. The Office addresses academic and non-academic behavior.