



Chaminade University

O F H O N O L U L U

OFFICIAL NOTICE TO EMPLOYEES AND STUDENTS REGARDING DRUG-FREE WORKPLACE POLICES ACADEMIC YEAR 17-18

This official notice is issued pursuant to the requirements of the Drug-Free Schools and Communities Act Amendments of 1989 and the Drug-Free Workplace Act of 1988.

1. CHAMINADE UNIVERSITY OF HONOLULU POLICY ON ILLEGAL DRUGS AND ALCOHOL ABUSE

Chaminade University of Honolulu (CUH) expects its employees and students to carry out their responsibilities free of intoxication by any illegal drugs or alcohol. Employees and students are not permitted to manufacture, distribute, possess, use, dispense or be under the influence of illegal drugs as prohibited by state and federal law, at University-sponsored or approved events or on University property or in buildings owned, leased, or used by the University for education, research and recreational programs or activities. The University expects lawful behavior by employees and students, during their presence on University premises and at University-sponsored events on or off campus. The University will cooperate with law enforcement agencies in enforcing statutes regarding the use of illegal drugs.

CUH also prohibits the possession, use, and distribution of medical marijuana on its campus, in any of its buildings, and at any campus-sponsored event. The State of Hawaii authorized the use of medical marijuana. However, Hawaii State law does not authorize the use of medical marijuana on any school ground or in the workplace of one's employment. The possession of marijuana, including marijuana for medical purposes, is prohibited under federal law. Any employee found to be possessing, using, or distributing marijuana on University property or at any University-sponsored event, for any reason, including medical marijuana, will be subject to disciplinary action for violation of this policy prohibiting the possession, use, and distribution of illegal drugs and controlled substances. Further, using marijuana for medical purposes is not an allowable defense for violation of University policies and/or misconduct

CUH recognizes that substance abuse is a complex problem that is not easily resolved solely by personal effort and may require professional assistance and/or treatment. Employees and students with substance abuse problems are encouraged to take advantage of available diagnostic, referral, counseling and prevention services. The University has an Employee Assistance Program (EAP) where employees may receive confidential, short-term professional counseling services in accordance with the EAP plan. Employees may avail themselves to this plan by contacting the University provider either online or by telephone as follows:

Telephone: 888-893-6585 (24 hours/day, 365 days/year)

Online: www.eapbda.com

Login ID: northwestern

Password: eap4u

Mobile: BDA EAP application (available for download)

Password: EAPBDA

The University will not excuse misconduct by employees and students whose judgment is impaired due to substance abuse.

2. CUH STUDENT CODE OF CONDUCT

Sanctions which may be imposed on violators of the alcohol and drug-related sections of the CUH Student Code of Conduct include disciplinary warning, probation, suspension, dismissal from the University, or withholding of official transcript and/or degree. The CUH Student Code of Conduct can be found in the Student Handbook on the CUH Website at: . Students may also obtain a hard copy of the Student Handbook from the Dean of Students office.

The Student Code of Conduct includes this policy and specifically the following prohibitions:

Use, possession, manufacturing, consumption, sale, furnishing and distribution of marijuana, heroin, narcotics, or other controlled substances except as expressly permitted by law.

CUH also prohibits the possession, use, and distribution of medical marijuana on its campus, at any of its Resident Halls, and at any campus-sponsored event. The State of Hawaii authorized the use of medical marijuana. However, Hawaii State law does not authorize the use of medical marijuana on any school ground or in the workplace of one's employment. The possession of marijuana, including marijuana for medical purposes, is prohibited under federal law. Any student found to be in possession of marijuana for any reason, including medical marijuana, and in any form will be subject to disciplinary action for violation of this policy prohibiting the possession, use, and distribution of illegal drugs and controlled substances. Further, using marijuana for medical purposes is not an allowable defense for violation of University policies and/or misconduct.

Drug paraphernalia of any type is strictly prohibited on any University property, including the Resident Halls, or at any University-sponsored event that is on or off campus. This includes items that are altered to become paraphernalia of any type. This prohibition includes instances when paraphernalia is not used to ingest illegal substances. Students found in possession of paraphernalia will be subject to disciplinary action which can include dismissal from the Resident Halls and/or the University.

Public intoxication is expressly prohibited. Use, possession, manufacturing or distribution of alcoholic beverages by any person under 21 years of age is expressly prohibited.

3. LEGAL SANCTIONS

There are numerous federal, state, and local statutes, rules, and ordinances relating to the manufacture, distribution, dispensation, possession or use of controlled substances or alcohol. These statutes impose legal sanctions for both felony and misdemeanor convictions related to violations of applicable laws and ordinances. Refer to Appendix A for federal trafficking penalties relating to marijuana and other drugs.

Highlights of Hawai'i Laws

Under the Hawai'i Penal Code, crimes are of 3 grades according to their seriousness: felonies, misdemeanors and petty misdemeanors.

- Class A felony: fine not exceeding \$50,000 and/or an indeterminate term of imprisonment of 20 years without possibility of suspension of sentence or probation (notwithstanding part II of Chapter 706 of the Hawaii Penal Code and sections 706-605, 706-606, 706-606.5, 706-660.1, 706-661, and 706-662; and any other law to the contrary).
- Class B felony: fine not exceeding \$25,000 and/or imprisonment of not more than 10 years.
- Class C felony: fine not exceeding \$10,000 and/or imprisonment of not more than 5 years.
- Misdemeanor: fine not exceeding \$2,000 and/or imprisonment of not more than 1 year.
- Petty Misdemeanor: fine not exceeding \$1,000 and/or imprisonment of not more 30 days.

(See H.R.S. §§706-640, 659, 660, 663)

In addition, promoting (possessing, distributing, and manufacturing) drugs (including marijuana) and intoxicating compounds can result in a Class A, B, or C felony misdemeanor, or petty misdemeanor. (See H.R.S. §§712-1241-1250)

Consuming or possessing intoxicating liquor while operating a motor vehicle or moped is fined not more than \$2,000 or imprisonment of not more than 30 days, or both. (See H.R.S. §291-3.1)

Consuming or possession intoxicating liquor while a passenger in a motor vehicle is a petty misdemeanor. (See H.R.S. §291-3.2)

A person commits the offense of promoting intoxicating compounds if the person knowingly breathes, inhales or drinks any intoxicating compound or any other substance for the purpose of inducing a condition of intoxication, stupefaction, depression, giddiness, paralysis or irrational behavior, or in any manner changing, distorting or disturbing the auditory, visual or mental processes; or sells, offers, delivers or gives to any person under 18 years of age, unless upon written order of such person's parent or guardian, any intoxicating compound or any substance which will induce an intoxicated condition when the seller, offerer or deliverer knows or has reason to know that such compound is intended for use to induce such condition. This offense is a misdemeanor. (See H.R.S. §712-1250)

A person commits the offense of promoting intoxicating liquor to a person under the age of 21 if the person recklessly sells, offers, influences the sale, serves, delivers or gives a person under the age of 21 intoxicating liquor; or permits a person under the age of 21 to possess intoxicating liquor while on property under his control. This offense is a misdemeanor. (See H.R.S. §712-1250.5)

4. HEALTH RISKS ASSOCIATED WITH SUBSTANCE ABUSE

The University encourages employees and students to be aware of the health risks associated with substance abuse. In general, the health risks related to the abuse of alcohol and other drugs are both direct and indirect. The direct pharmacological effects of substances on the body influence every organ, particularly the brain, liver and cardiovascular system. Death and injury from drug-related accidents, suicide and homicide are some of the indirect health effects. It is estimated by the National Institute of Alcohol Abuse and Alcoholism that annually 88,000 people in the U.S. die from alcohol-related problems alone. Physical effects may be immediate and acute, as in drug overdose, or long-term and chronic, as in alcohol-related liver disease or neurological impairment. Refer to Appendix B for possible effects associated with controlled substances.

5. DRUG AND ALCOHOL COUNSELING, TREATMENT AND REHABILITATION PROGRAMS

CUH encourages employees and students to seek assistance in overcoming drug or alcohol abuse. Early recognition and treatment are important for successful rehabilitation. Students may contact the Dean of Students or the Chaminade Counseling Center for assistance regarding counseling and treatment referral services. Employees may contact their supervisors or the Office of Human Resources for assistance and referral services. The State of Hawaii Department of Health has contacts with numerous private agencies to provide a range of counseling and treatment services. Refer to Appendix C for a sample listing of assistance and treatment services.

APPENDIX A: FEDERAL DRUG TRAFFICKING PENALTIES (NON-MARIJUANA)

CSA	Drug	Quantity	First Offense	Second Offense
I and II	METHAMPHETAMINE	10-99 gm or 100-999 gm mixture	Not less than 5 years. Not more than 40 years. If death or serious injury, not less than 20 years. Not more than life. Fine of not more than \$2 million individual, \$5 million other than individual.	Not less than 10 years. Not more than life. If death or serious injury, not less than life. Fine of not more than \$4 million individual, \$10 million other than individual.
I and II	HEROIN	100-999 gm mixture	Not less than 5 years. Not more than 40 years. If death or serious injury, not less than 20 years. Not more than life. Fine of not more than \$2 million individual, \$5 million other than individual.	Not less than 10 years. Not more than life. If death or serious injury, not less than life. Fine of not more than \$4 million individual, \$10 million other than individual.
I and II	COCAINE	500-4.999 gm mixture	Not less than 5 years. Not more than 40 years. If death or serious injury, not less than 20 years. Not more than life. Fine of not more than \$2 million individual, \$5 million other than individual.	Not less than 10 years. Not more than life. If death or serious injury, not less than life. Fine of not more than \$4 million individual, \$10 million other than individual.
I and II	COCAINE BASE	5-49 gm mixture 0-99 gm or 100-999 gm PCP	Not less than 5 years. Not more than 40 years. If death or serious injury, not less than 20 years. Not more than life. Fine of not more than \$2 million individual, \$5 million other than individual.	Not less than 10 years. Not more than life. If death or serious injury, not less than life. Fine of not more than \$4 million individual, \$10 million other than individual.
I and II	LSD	1-10 gm mixture	Not less than 5 years. Not more than 40 years. If death or serious injury, not less than 20 years. Not more than life. Fine of not more than \$2 million individual, \$5 million other than individual.	Not less than 10 years. Not more than life. If death or serious injury, not less than life. Fine of not more than \$4 million individual, \$10 million other than individual.
I and II	FENTANYL	40-399 gm mixture	Not less than 5 years. Not more than 40 years. If death or serious injury, not less than 20 years. Not more than life. Fine of not more than \$2 million individual, \$5 million other than individual.	Not less than 10 years. Not more than life. If death or serious injury, not less than life. Fine of not more than \$4 million individual, \$10 million other than individual.
I and II	FENTANYL ANALOGUE	10-99 gm mixture	Not less than 5 years. Not more than 40 years. If death or serious injury, not less than 20 years. Not more than life. Fine of not more than \$2 million individual, \$5 million other than individual.	Not less than 10 years. Not more than life. If death or serious injury, not less than life. Fine of not more than \$4 million individual, \$10 million other than individual.
I and II	METHAMPHETAMINE	100 gm or more or 1 kg ¹ or more FIX FOOTNOTE	Not less than 10 years. Not more than life. If death or serious injury, not less than 20 years. Not more than life. Fine of not more than \$4 million individual. \$10 million other than individual.	Not less than 20 years. Not more than life. If death or serious injury, not less than life. Fine of not more than \$8 million individual. \$20 million other than individual.
I and II	HEROIN	1 kg or more mixture	Not less than 10 years. Not more than life. If death or serious injury, not less than 20 years. Not more than life. Fine of not more than \$4 million individual. \$10 million other than individual.	Not less than 20 years. Not more than life. If death or serious injury, not less than life. Fine of not more than \$8 million individual. \$20 million other than individual.

¹ Law as originally enacted states 100 gm. Congress requested to make technical correction to 1 kg.

CSA	Drug	Quantity	First Offense	Second Offense
I and II	COCAINE	5 kg or more mixture	Not less than 10 years. Not more than life. If death or serious injury, not less than 20 years. Not more than life. Fine of not more than \$4 million individual. \$10 million other than individual.	Not less than 20 years. Not more than life. If death or serious injury, not less than life. Fine of not more than \$8 million individual. \$20 million other than individual.
I and II	COCAINE BASE	50 gm or more mixture 100 gm or more or 1 kg or more mixture	Not less than 10 years. Not more than life. If death or serious injury, not less than 20 years. Not more than life. Fine of not more than \$4 million individual. \$10 million other than individual.	Not less than 20 years. Not more than life. If death or serious injury, not less than life. Fine of not more than \$8 million individual. \$20 million other than individual.
I and II	LSD	10 gm or more mixture	Not less than 10 years. Not more than life. If death or serious injury, not less than 20 years. Not more than life. Fine of not more than \$4 million individual. \$10 million other than individual.	Not less than 20 years. Not more than life. If death or serious injury, not less than life. Fine of not more than \$8 million individual. \$20 million other than individual.
I and II	FENTANYL	400 gm or more mixture	Not less than 10 years. Not more than life. If death or serious injury, not less than 20 years. Not more than life. Fine of not more than \$4 million individual. \$10 million other than individual.	Not less than 20 years. Not more than life. If death or serious injury, not less than life. Fine of not more than \$8 million individual. \$20 million other than individual.
I and II	FENTANYL ANALOGUE	100 gm or more mixture	Not less than 10 years. Not more than life. If death or serious injury, not less than 20 years. Not more than life. Fine of not more than \$4 million individual. \$10 million other than individual.	Not less than 20 years. Not more than life. If death or serious injury, not less than life. Fine of not more than \$8 million individual. \$20 million other than individual.
I and II	Others ²	Any	Not more than 20 years. If death or serious injury, not less than 20 years, not more than life. Fine \$1 million individual. \$5 million not individual.	Not more than 30 years. If death or serious injury, life. Fine \$2 million individual. \$10 million not individual.
III	All	Any	Not more than 5 years. Fine not more than \$250,000 individual. \$1 million not individual.	Not more than 10 years. Fine not more than \$500,000 individual. \$2 million not individual.
IV	All	Any	Not more than 3 years. Fine not more than \$250,000 individual. \$1 million not individual.	Not more than 6 years. Fine not more than \$500,000 individual. \$2 million not individual.
V	All	Any	Not more than 1 year. Fine not more than \$100,000 individual. \$250,000 not individual.	Not more than 2 years. Fine not more than \$200,000 individual. \$500,000 not individual.

² Does not include marijuana, hashish, or hash oil. (See separate chart on next page) Source: Federal Trafficking Penalties, Drug enforcement Administration, U.S. Department of Justice

**FEDERAL DRUG TRAFFICKING PENALTIES
MARIJUANA**

Description	First Offense	Second Offense
Marijuana Mixture containing detectable quantity* 1,000 kg or more; or 1,000 or more plants	Not less than 10 years, not more than life. If death or serious injury, not less than 20 years, not more than life. Fine not more than \$4 million individual, \$10 million other than individual.	Not less than 20 years, not more than life. If death or serious injury, not less than life. Fine not more than \$8 million individual, \$20 million other than individual.
Marijuana Mixture containing detectable quantity* 100 kg to 1,000 kg; or 100-999 plants	Not less than 5 years, not more than 40 years. If death or serious injury, not less than 20 years, not more than life. Fine not more than \$2 million individual, \$5 million other than individual.	Not less than 10 years, not more than life. If death or serious injury, not less than life. Fine not more than \$4 million individual, \$10 million other than individual.
Marijuana (50 to 100 kg) Hashish (10 to 100 kg) Hashish Oil (1 to 100 kg) Marijuana (50-99 plants)	Not more than 20 years. If death or serious injury, not less than 20 years, not more than life. Fine \$1 million individual, \$5 million other than individual.	Not more than 30 years. If death or serious injury, life. Fine \$2 million individual, \$10 million other than individual.
Marijuana (Less than 50 kg) Hashish (Less than 10 kg) Hashish Oil (Less than 1 kg)	Not more than 5 years. Fine not more than \$250,000, \$1 million other than individual.	Not more than 10 years. Fine \$500,000 individual, \$2 million other than individual.

*Includes Hashish and Hashish Oil

(Marijuana is a Schedule I Controlled Substance)

Source: Federal Drug Trafficking Penalties, Drug Enforcement Agency, U.S. Department of Justice

APPENDIX B
CONTROLLED SUBSTANCE & SCHEDULE
POSSIBLE EFFECTS

Controlled substances include:

NARCOTICS IN GENERAL: a variety of substances that dull the senses and relieves pain

Other names:	Heroin, OxyContin, codeine, morphine, methadone, fentanyl. Street Names: smack, horse, mud, brown sugar, junk, black tat, big H, paregoric, dover's powder, MPTP (new heroin), hillbilly heroin, lean or purple drank, OC, Ox, Oxy, Oxycotton, sippin syrup
Possible effects:	When used medically, produce a general sense of well-being by reducing tension, anxiety, and aggression. Unwanted side effects: psychological dependence, slowed physical activity, constriction of the pupils, flushing of the face and neck, constipation, nausea, vomiting, and slowed breathing
Overdose effects:	Constricted (pinpoint) pupils, cold clammy skin, confusion, convulsions, extreme drowsiness, and slowed breathing
Withdrawal symptoms:	Watery eyes, runny nose, yawning and sweating and as withdrawal worsens, symptoms include restlessness, irritability, loss of appetite, nausea, tremors, drug craving, severe depression, vomiting, increased heart rate and blood pressure, chills alternating with flushing and excessive sweating

NARCOTICS-FENTANYL: used as an analgesic (pain relief) and anesthetic and is 100 times more potent than morphine and 50 times more potent than heroin as an analgesic.

Other names:	Apache, china girl, china town, dance fever, friend, goodfellas, great bear, He-Man, jackpot, King Ivory, Murder 8, and Tango & Cash
Possible effects:	Relaxation, euphoria, pain relief, sedation, confusion, drowsiness, nausea, vomiting, urinary retention, pupillary constriction, and respiratory depression
Overdose effects:	Stupor, changes in pupillary size, cold and clammy skin, cyanosis, coma, and respiratory failure leading to death. The presence of triad of symptoms such as coma, pinpoint pupils, and respiratory depression are strongly suggestive of opioid poisoning. Drugs that cause similar effects include other opioids such as morphine, hydrocodone, oxycodone, hydromorphone, methadone, and heroin

HEROIN: highly addictive drug and it is a rapidly acting opioid.

Other names: Big H, black tar, chiva, hell dust, horse, negra, smack, thunder
Possible effects: Drowsiness, respiratory depression, constricted pupils, nausea, a warm flushing of the skin, dry mouth, and heavy extremities
Overdose effects: Slow and shallow breathing, blue lips and fingernails, clammy skin, convulsions, coma, and possible death

HYDROMORPHONE: belongs to class of drugs called opioids which includes morphine. Has the analgesic potency of two to eight times greater than that of morphine and has a rapid onset of action

Other names: D, dillies, dust, footballs, juice, smack
Possible effects: Taken to produce feelings of euphoria, relaxation, sedation, reduced anxiety, can also cause mental clouding, changes in mood, nervousness, and restlessness. Physical effects are constipation, pupillary constriction, urinary retention, nausea, vomiting, respiratory depression, dizziness, impaired coordination, loss of appetite, rash, slow or rapid heartbeat, and changes in blood pressure
Overdose effects: Severe respiratory depression, drowsiness progressing to stupor or coma, lack of skeletal muscle tone, cold and clammy skin, constricted pupils, and reduction in blood pressure and heart rate

OPIUM: Highly addictive non-synthetic narcotic that is extracted from the poppy plant and is the key source for many narcotics, including morphine, codeine, and heroin.

Other names: Ah-pen-yen, Aunti, Aunti Emma, Big O, Black Pill, Chandoo, Chandu, Chinese Molasses, Chinese Tobacco, Dopium, Dover's Powder, Dream Gun, Dream Stick, Dreams, Easing Powder, Fi-do-nie, Gee, God's Medicine, Gondola, Goric, Great Tobacco, Guma, Hop/hops, Joy Plant, Midnight Oil, Mira, O, O.P., Ope, Pen Yan, Pin Gon, Pox, Skee, Toxy, Toys, When-shee, Ze, and Zero
Possible effects: Depends on dose and route of administration; similar to a heroin high; users experience a euphoric rush, followed by relaxation and the relief of pain. Opium inhibits muscle movement in the bowels leading to constipation; can cause dry mouth and mucous membranes in the nose; leads to physical and psychological dependence and overdose
Overdose effects: Slow breathing, seizures, dizziness, weakness, loss of consciousness, coma, and possible death

STIMULANTS: speed up the body's systems. This class of drugs includes prescription drugs such as amphetamines (Adderall and Dexedrine), methylphenidate (Concerta and Ritalin), diet aids (such as didrex, Bontril, Preludin, Fastin, Adipex P, Ionomin, and Meridia) and illicitly produced drugs such as methamphetamine, cocaine, and methcathinone.

- Other names:** Bennies, black beauties, cat, coke, crank, crystal, flake, ice, pellets, R-Ball, skippy, snow, speed, uppers, vitamin R, cocaine, Khat,
- Possible effects:** **Effects on the mind:** Produce a sense of exhilaration, enhance self-esteem, improve mental and physical performance, increase activity, reduce appetite, extend wakefulness for prolonged period, and "get high". Chronic, high-dose use is frequently associated with agitation, hostility, panic, aggression, and suicidal or homicidal tendencies. Paranoia, sometimes accompanied by both auditory and visual hallucinations, may also occur. Tolerance, in which more and more drug is needed to produce the usual effects, can develop rapidly, and psychological dependence occurs. In fact, the strongest psychological dependence observed occurs with the more potent stimulants, such as amphetamine, methylphenidate, methamphetamine, cocaine, and methcathinone. Abrupt cessation is commonly followed by depression, anxiety, drug craving, and extreme fatigue, known as a "crash."
- Effects on the body include:** Dizziness, tremors, headache, flushed skin, chest pain with palpitations, excessive sweating, vomiting, and abdominal cramps.
- Overdose effects:** In overdose, unless there is medical intervention, high fever, convulsions, and cardiovascular collapse may precede death. Because accidental death is partially due to the effects of stimulants on the body's cardiovascular and temperature regulating systems, physical exertion increases the hazards of stimulant use.

DEPRESSANTS: will put you to sleep, relieve anxiety and muscle spasms, and prevent seizures.

Barbiturates are older drugs and include butalbital (Fiorina), phenobarbital, Pentothal, Seconal, and Nembutal. A person can rapidly develop dependence on and tolerance to barbiturates, meaning a person needs more and more of them to feel and function normally. This makes them unsafe, increasing the likelihood of coma or death.

Benzodiazepines were developed to replace barbiturates, though they still share many of the undesirable side effects including tolerance and dependence. Some examples are Valium, Xanax, Halcion, Ativan, Klonopin, and Restoril. Rohypnol is a benzodiazepine that is not manufactured or legally marketed in the United States, but it is used illegally.

Lunesta, Ambien, and Sonata are sedative-hypnotic medications approved for the short-term treatment of insomnia that share many of the properties of benzodiazepines. Other CNS depressants include meprobamate, methaqualone (Quaalude), and the illicit drug GHB.

- Other names:** Barbs, Benzos, Downers, Georgia Home Boy, GHB, Grievous Bodily Harm, Liquid X, Nerve Pills, Phennies, R2, Reds, Roofies, Rophies, Tranks, and Yellow
- Possible effects:** **Effects on the mind:** To induce sleep, relieve anxiety and muscle spasms, and prevent seizures. Can also cause amnesia, leaving no memory of events that occur while under the influence, reduce reaction time, impair mental functioning and judgment, and cause confusion.
- Effects on the body:** Slurred speech, loss of motor coordination, weakness, headache, lightheadedness, blurred vision, dizziness, nausea, vomiting, low blood pressure, and slowed breathing. Prolonged use of depressants can lead to physical dependence even at doses recommended for medical treatment.

BARBITURATES: are depressants that produce a wide spectrum of central nervous system depression from mild sedation to coma. They also have been used as sedatives, hypnotics, anesthetics, and anticonvulsants.

- Other names: Barbs, Block Busters, Christmas Trees, Goof Balls, Pinks, Red Devils, Reds & Blues, and Yellow Jackets
- Possible effects: Mild euphoria, lack of inhibition, relief of anxiety, and sleepiness. Higher doses cause: Impairment of memory, judgment, and coordination; irritability; and paranoid and suicidal ideation. Barbiturates slow down the central nervous system and cause sleepiness.
- Overdose effects: Shallow respiration, clammy skin, dilated pupils, weak and rapid pulse, coma, and possible death.

HALLUCINOGENS: are found in plants and fungi or are synthetically produced and are among the oldest known group of drugs used for their ability to alter human perception and mood. This class of drugs include Ecstasy/MDMA, ketamine, LSD, Peyote & Mescaline, and Psilocybin.

- Other names: Acid, Blotter, Blotter Acid, Cubes, Doses, Fry, Mind Candy, Mushrooms, Shrooms, Special K, STP, X, and XTC
- Possible effects: Sensory effects include perceptual distortions that vary with dose, setting, and mood. Psychic effects include distortions of thought associated with time and space. Time may appear to stand still, and forms and colors seem to change and take on new significance. Weeks or even months after some hallucinogens have been taken, the user may experience flashbacks — fragmentary recurrences of certain aspects of the drug experience in the absence of actually taking the drug. The occurrence of a flashback is unpredictable, but is more likely to occur during times of stress and seems to occur more frequently in younger individuals. With time, these episodes diminish and become less intense. Physiological effects include elevated heart rate, increased blood pressure, and dilated pupils.
- Overdose effects: Respiratory depression, coma, convulsions, seizures, and death due to respiratory arrest

ECSTASY/MDMA: MDMA acts as both a stimulant and psychedelic, producing an energizing effect, distortions in time and perception, and enhanced enjoyment of tactile experiences. Although MDMA is known among users as ecstasy, researchers have determined that many ecstasy tablets contain not only MDMA but also a number of other drugs or drug combinations that can be harmful, such as: • Methamphetamine, ketamine, cocaine, the over-the-counter cough suppressant dextromethorphan (DXM), the diet drug ephedrine, and caffeine.

- Other names: Adam, Beans, Clarity, Disco Biscuit, E, Ecstasy, Eve, Go, Hug Drug, Lover's Speed, MDMA, Peace, STP, X, and XTC
- Possible effects: Adolescents and young adults use it to reduce inhibitions and to promote: Euphoria, feelings of closeness, empathy, and sexuality.
- MDMA mainly affects brain cells that use the chemical serotonin to communicate with each other. Serotonin helps to regulate mood, aggression, sexual activity, sleep, and sensitivity to pain. Clinical studies suggest that MDMA may increase the risk of long-term, perhaps permanent, problems with memory and learning. MDMA causes changes in perception, including euphoria and increased sensitivity to touch, energy, sensual and sexual arousal, need to be touched, and need for stimulation. Some unwanted psychological effects include: confusion, anxiety, depression, paranoia, sleep problems, and drug craving.

Overdose effects: In high doses, MDMA can interfere with the body's ability to regulate temperature. On occasions, this can lead to a sharp increase in body temperature (hyperthermia), resulting in liver, kidney, and cardiovascular system failure, and death. Because MDMA can interfere with its own metabolism (that is, its breakdown within the body), potentially harmful levels can be reached by repeated drug use within short intervals.

MARIJUANA/CANNABIS: Marijuana is a mind-altering (psychoactive) drug, produced by the Cannabis sativa plant. Marijuana contains over 480 constituents. THC (delta-9-tetrahydrocannabinol) is believed to be the main ingredient that produces the psychoactive effect.

Other names: Aunt Mary, BC Bud, Blunts, Boom, Chronic, Dope, Gangster, Ganja, Grass, Hash, Herb, Hydro, Indo, Joint, Kif, Mary Jane, Mota, Pot, Reefer, Sinsemilla, Skunk, Smoke, Weed, and Yerba

Possible effects: Can influence parts of the brain that control pleasure, memory, thought, concentration, sensory and time perception, and coordinated movement. The short-term effects of marijuana include: problems with memory and learning, distorted perception, difficulty in thinking and problem-solving, and loss of coordination.

Common responses include: Dizziness, nausea, tachycardia, facial flushing, dry mouth, and tremor initially; merriment, happiness, and even exhilaration at high doses; disinhibition, relaxation, increased sociability; talkativeness; enhanced sensory perception, giving rise to increased appreciation of music, art, and touch; heightened imagination leading to a subjective sense of increased creativity; time distortions; illusions, delusions, and hallucinations are rare except at high doses; impaired judgment, reduced coordination, and ataxia, which can impede driving ability or lead to an increase in risk-taking behavior; emotional lability, incongruity of affect, dysphoria, disorganized thinking, inability to converse logically, agitation, paranoia, confusion, restlessness, anxiety, drowsiness, and panic attacks may occur, especially in inexperienced users or in those who have taken a large dose; increased appetite and short-term memory impairment are common.

Physical effects include Sedation, bloodshot eyes, increased heart rate, coughing from lung irritation, increased appetite, and decreased blood pressure.

Withdrawal symptoms: Restlessness, irritability, sleep difficulties, and decreased appetite

STEROIDS: Anabolic steroids are synthetically produced variants of the naturally occurring male hormone testosterone that are abused in an attempt to promote muscle growth, enhance athletic or other physical performance, and improve physical appearance. Testosterone, nandrolone, stanozolol, methandienone, and boldenone are some of the most frequently abused anabolic steroids.

Other names: Arnolds, Juice, Pumpers, Roids, Stackers, and Weight Gainers

Possible effects: High doses of anabolic steroids may cause mood and behavioral effects. In some individuals, steroid use can cause dramatic mood swings, increased feelings of hostility, impaired judgment, and increased levels of aggression (often referred to as "roid rage"). When users stop taking steroids, they may experience depression that may be severe enough to lead one to commit suicide. Anabolic steroid use may also cause psychological dependence and addiction. There are physical effects that can occur in individuals who use steroids in pre-adolescence and adolescence. When used by adult men and women, anabolic steroid use can cause high cholesterol levels, which may increase the risk of coronary artery disease, strokes, and heart attacks. Anabolic steroid use can also cause acne and fluid retention. Oral preparations of anabolic steroids, in particular, can damage the liver.

Overdose effects: Anabolic steroids are not associated with overdoses. The adverse effects a user would experience develop from the use of steroids over time.

INHALANTS: Inhalants are invisible, volatile substances found in common household products that produce chemical vapors that are inhaled to induce psychoactive or mind altering effects.

Other names: Arnolds, Juice, Pumpers, Roids, Stackers, and Weight Gainers

Possible effects: High doses of anabolic steroids may cause mood and behavioral effects. In some individuals, steroid use can cause dramatic mood swings, increased feelings of hostility, impaired judgment, and increased levels of aggression (often referred to as "roid rage"). When users stop taking steroids, they may experience depression that may be severe enough to lead one to commit suicide. Anabolic steroid use may also cause psychological dependence and addiction. There are physical effects that can occur in individuals who use steroids in pre-adolescence and adolescence. When used by adult men and women, anabolic steroid use can cause high cholesterol levels, which may increase the risk of coronary artery disease, strokes, and heart attacks. Anabolic steroid use can also cause acne and fluid retention. Oral preparations of anabolic steroids, in particular, can damage the liver.

Overdose effects: Anabolic steroids are not associated with overdoses. The adverse effects a user would experience develop from the use of steroids over time.

DRUGS OF CONCERN: these are substances that are not currently controlled by the Controlled Substances Act but pose a risk to individuals who abuse them. These drugs include:

- **DXM:** cough suppressor found in over-the-counter cold medications. High dosage use effects can include confusion, inappropriate laughter, agitation, paranoia, and hallucinations. Other sensory changes, including the feeling of floating and changes in hearing and touch. Long term abuse is associated with severe psychological dependence. Physical effects can include over-excitability, lethargy, loss of coordination, slurred speech, sweating, hypertension, and involuntary spasmodic movement of the eyeballs. The use of high doses of DXM in combination with alcohol or other drugs is particularly dangerous, and deaths have been reported.
- **KRATOM:** Kratom is a tropical tree native to Southeast Asia. Consumption of its leaves produces both stimulant effects (in low doses) and sedative effects (in high doses), and can lead to psychotic symptoms, and psychological and physiological dependence. The psychoactive ingredient is found in the leaves from the kratom tree. These leaves are subsequently crushed and then smoked, brewed with tea, or placed into gel capsules. Kratom has a long history of use in Southeast Asia, where it is commonly known as thang, kakuam, thom, ketum, and biak. In the U.S., the abuse of kratom has increased markedly in recent years. At low doses, kratom produces stimulant effects with users reporting increased alertness, physical energy, and talkativeness. At high doses, users experience sedative effects. Kratom consumption can lead to addiction. Several cases of psychosis resulting from use of kratom have been reported, where individuals addicted to kratom exhibited psychotic symptoms, including hallucinations, delusion, and confusion. Kratom's effects on the body include nausea, itching, sweating, dry mouth, constipation, increased urination, tachycardia, vomiting, drowsiness, and loss of appetite. Users of kratom have also experienced anorexia, weight loss, insomnia, hepatotoxicity, seizure, and hallucinations.
- **SALVIA DIVINORUM:** Salvia divinorum is a perennial herb in the mint family that is abused for its hallucinogenic effects. Psychic effects include perceptions of bright lights, vivid colors, shapes, and body movement, as well as body or object distortions. Salvia divinorum may also cause fear and panic, uncontrollable laughter, a sense of overlapping realities, and hallucinations.

DESIGNER DRUGS: Recently, the abuse of clandestinely synthesized drugs has re-emerged as a major worldwide problem. These drugs are illicitly produced with the intent of developing substances that differ slightly from controlled substances in their chemical structure while retaining their pharmacological effects. These substances are commonly known as designer drugs and fall under several drug categories. The following section describes these drugs of concern and their associated risks. Designer Drugs include the following:

- Bath Salts or Designer Cathinones
- K2/Spice
- Synthetic Opioids

Source for Appendix B: US DEPARTMENT OF JUSTICE, DRUG ENFORCEMENT ADMINISTRATION, "Drugs of Abuse; A DEA Resource Guide"; 2017 Edition.