



Drug and Alcohol Abuse Prevention Program 2017

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Provision of a Drug and Alcohol-Free Environment

Southeastern Oklahoma State University believes that student success and achievement requires vigilance and effort on the part of the University to promote healthy living and learning. We affirm that we have a role in promoting an environment conducive to education and that actively discourages drug and alcohol abuse. We commit to prevention, developmental student conduct, and effective intervention for students at risk for these behaviors.

Southeastern Oklahoma State University is committed to compliance with the Drug Free Schools and Communities Act, and a campus culture that reduces alcohol and drug use, abuse, and illegal conduct. This commitment includes the development, enforcement, and continual evaluation of policy and programming, and promotion of awareness. Southeastern will continue to host and promote alcohol-free events and housing, and promote student learning opportunities in regard to alcohol and drug abuse. Southeastern is committed to offering primary wellness and counseling options to students who are at-risk or abusing alcohol and other drugs.

As codified in local, state and federal laws, and the rules and regulations of the Regional University System of Oklahoma (RUSO), Southeastern Oklahoma State University prohibits the unlawful possession, use, or distribution of illicit drugs in buildings, facilities, grounds or other property owned and/or controlled by the University or as a part of the University activities. Additionally, no alcoholic beverages, including 3.2 beer, is allowed in student spaces on the Southeastern campus, including dorms, fraternities, sororities, stadiums/arenas, no matter the age or student status. Southeastern limits the advertising and alcohol related displays in residence halls and other student spaces through Residence Life policy and flyer approval procedure. We are committed to reporting all alcohol and drug related crimes through standard Clery Act procedure so that the campus community is aware of those incidents.

Student drug and alcohol policy provisions can be found in the Student Handbook, updated annually and available online at [<http://www.se.edu/dept/student-life/student-handbook/>]. Faculty policy provisions can be found in the Academic Policies and Procedures Manual, Section 7.1. [<http://lectures.se.edu/academic-affairs/policies-and-procedures/docs/academic-policies-and-procedures.pdf>]. Staff policy provisions can be found Administrative Policies and Procedures Handbook. [<http://www.se.edu/dept/human-resources/files/2015/11/Employee-Handbook-Rev-11-09-2015.pdf>] These drug and alcohol policies will be updated or reviewed, at a minimum, in response to data and information gathered through the biennial review process in accordance with this policy.

Students who are also employees may be held to the standards applicable in both sets of policies.

Drug and Alcohol Abuse Prevention Plan Administration

The Drug and Alcohol Abuse Prevention Program Committee must meet quarterly (or once a semester) to evaluate and discuss each component of our multifaceted and campus wide programs. This committee is housed in the Division for Student Affairs and convened by the Chief Student Affairs Officer or their designee. Members of the committee shall be drawn from Human Resources, Student Affairs, Athletics, Academics, and other departments as appropriate. The purpose of this committee will be to oversee the overall planning and implementation of all drug and alcohol abuse prevention components.

Educational Programming Components

The Southeastern Oklahoma State University Counseling Center provides counseling services to students struggling with alcohol and drug related matters, and is capable of referral services to any faculty, full-time, and part-time staff that are struggling with alcohol and drug related matters. Their contact information shall be included in the annual DFSCA disclosure.

AlcoholEdu is an on-line education and prevention program offered to freshmen enrolled in College Success Orientation classes that focuses on harm reduction. **AlcoholEdu** is also utilized currently as a possible sanction with conduct issues related to alcohol.

Marijuana 101 is an on-line education and prevention program, which is utilized as a possible sanction with conduct issues related to drugs.

Haven is a mandatory program which educates students about the elements of healthy relationships, being a good communicator, understanding and reporting sexual assault, the importance of sexual consent, and the role of bystanders in creating safe, healthy communities.

Student Health 101 is an online campus magazine to which Southeastern subscribes that addresses a multitude of health related issues including drug and alcohol informational articles. This publication may be accessed by going to <http://readsh101.com/se.html> and is delivered to student email inboxes monthly.

New Year's Resolution Booth gives the campus community an opportunity to express that they had a desire to promote safe and healthy behavior during the coming year. Information is passed out to those who were interested on healthy lifestyles. These events are held during the lunch time in the Student Union Atrium.

National College Health Assessment is completed every-other year to assess many health and wellness issues that affect our students. This instrument allows us to see what educational gaps and individual needs need to be addressed.

Springapalooza is an event that happens the week before spring break every year in the Atrium of the Student Union during the hours the cafeteria is serving dinner. During this time, students are educated on safety tips for various circumstances that could possibly leave them vulnerable to assault.

Camp SE is an orientation camp that is held every summer on multiple occasions before the fall semester begins. Alcohol and drug abuse and prevention education will be provided during this orientation session.

Classroom Instruction: Instructors will be encouraged to include drug and alcohol abuse prevention education in their curriculum.

Customized educational outreach is offered throughout the year as requested through classrooms and other campus outreach initiatives, and periodically as part of health outreach programming. Additional

outreach is provided through ongoing programming in Housing and Residence Life, The Office for Student Life, and Student Wellness Services.

Mandatory Annual Notification Procedure

To comply with Part 86 of the Drug-Free Schools and Campuses Regulations, Southeastern will produce an annual notice to be communicated to all students, faculty, and staff at the beginning of each Fall Semester. A similar notice shall also be communicated to any new students or employees who matriculate after the date of annual distribution. Distribution shall be in writing and may be accomplished through electronic communication unless the University has a reason to know that the individual cannot use that method of communication, in which case the communication shall be made in an alternative format. The annual notification shall include:

1. Southeastern's expected standards of conduct, including a summary of policy for alcohol and other drugs.
2. Possible legal sanctions for students, faculty, and staff for violation of the expected standards of conduct.
3. Statements or summaries of the health risks associated with the abuse of alcohol and other drugs.
4. Southeastern's DAAPP shall be available to students, staff, and faculty.
5. Southeastern's institutional sanctions for violation of the expected standards of conduct.

The Chief Student Affairs Officer shall designate an individual responsible for this annual notification to the campus community.

Biennial Review Policy and Procedure

To comply with regulations, Southeastern must conduct a biennial review of its DAAPP in order to determine effectiveness and consistency of sanction enforcement, and in order to identify any necessary changes and/or improvements. A copy of the biennial review report shall be communicated to the U.S. Department of Education or its representative upon request. The Chief Student Affairs Officer shall assemble a committee of appropriate personnel and/or stakeholders to produce the biennial review report in a timely manner, or shall designate an individual to do so. This committee shall meet throughout June of each year and plan to produce a report by July 15 of each odd numbered year.

- The biennial review shall include:
 - An inventory and description of applicable drug and alcohol policies, programming, metrics associated with various programming models used, and student conduct metrics applicable to the two-year period.
 - A summary of policy and program areas that need improvement, and explanations of policy and programs that should remain unchanged.
 - A copy of the two most recent mandatory annual notifications.
 - A review of the distribution of the mandatory annual notifications and whether the distribution was successful.

- Recommendations for revision of DAAPP policy or the language of the annual notification.
- Discussion of sanctions and the consistency of sanctioning procedure and outcomes.
- A summary of any available student or staff self-reporting on drug and alcohol usage and abuse.
- AHCA data.

Calendar of the Biennial Review procedure:

- June 1 (of each year): Chief Student Affairs Officer requests to various campus offices for information about their portion of the DAAPP, including statistical data. The review committee shall be assembled and begin evaluating this information in regularly scheduled meetings.
- July 15 (odd numbered years): Production of the Biennial Review Report, complete with recommendations of improvements to the DAAPP.
- August 1: (odd numbered years): The Biennial Review Report shall be made available to all members of the campus community and the Federal Department of Education.

Findings of the 2017 Biennial Review Report of Southeastern Oklahoma State University's Drug and Alcohol Abuse and Prevention Programs:

After reviewing the information collected on all drug and alcohol abuse and prevention across the University landscape, we have determined that our programming and awareness elements have benefitted from a centralized strategy. The coordination recommended in the last Biennial Review 2015 has strengthened the overall program. Policy, sanctioning and disclosures have been integrated into standard operating procedure and clear lines of responsibility have been established. The following conclusions can be made:

- Each semester the Drug and Alcohol Abuse Prevention Program Committee should meet once each semester to evaluate and discuss each component of our multi-faceted and campus wide programs.
- An annual review of policy regarding alcohol and drugs should be completed by each area that has policy and reviewed for alignment between various areas of campus. This review should be submitted to the Drug and Alcohol Abuse Prevention Program Committee by June 1 of each year for review. Based on the review, policies and practices can be updated in advance of the academic year.
- The University's non-student campus alcohol policies are underdeveloped and need to be revisited.
- The on-line education model is not meeting the needs of our campus. The contract will end in 2018. A new module will need to be selected to better meet our needs.
- Each semester a review of conduct violations and sanctioning should be completed to check consistency and effectiveness. The review should include Clery reporting statistics and the Maxient conduct reporting system.



DRUG FREE SCHOOLS AND COMMUNITIES ACT NOTIFICATION

Dear Southeastern Students, Faculty, Staff, and Community,

The Drug-Free Schools and Communities Act Amendments of 1989 require that the University must advise faculty, staff and students of relevant laws pertaining to the illicit manufacture, possession, distribution, and usage of drugs and alcohol. This disclosure is to notify you of penalties for violations of Oklahoma and Federal statutes, the health risks associated with the usage of controlled substances, and the student conduct penalties associated with the manufacture, possession, distribution, and usage of controlled substances.

Standards of Conduct and Institutional Sanctions

Student Conduct:

In accordance with the and Code of Conduct found in the Student Handbook, the use, possession, manufacturing, distribution, and/or being under the influence of alcoholic beverages and/or low point beer, as defined by Oklahoma Law, on the campus or at any on-campus activity sponsored by or for a student organization or any other university sponsored activity for students is not permitted. The use, possession, manufacturing, distribution and/or being under the influence of controlled dangerous substances, or controlled substances as defined by Oklahoma law, except as expressly permitted by law and/or University policy is not permitted. The inappropriate use, misuse, or abuse of prescription or over-the counter medications is forbidden.

Student Sanctions:

The violation of this student policy can result in reprimand, conduct probation, removal from residence halls, mandatory treatment or rehabilitation at the student's own expense, and can result in sanctions up to and including suspension or expulsion from the university.

Faculty Conduct:

In accordance with the Academic Policies and Procedures Manual, the illegal use, sale, or possession of alcohol, narcotics, drugs, or controlled substances while on university property or during any university activity is prohibited. Any illegal activity or substances will be reported to the appropriate law enforcement agency and may result in criminal prosecution. Employees who are under the influence of alcohol or drugs, or who possess or consume alcohol or drugs on the job, have the potential for interfering with their own, as well as their co-workers' safe and efficient job performance. Any university

employee who is convicted of any federal or state criminal drug statute for drug related misconduct in the workplace must report the conviction within five (5) days thereafter to the Human Resources office.

Faculty Sanctions:

Such conditions will be proper cause for disciplinary action including employment probation, mandatory treatment or rehabilitation at the employees own expense, and up to and including termination of employment.

Staff Conduct:

In accordance with the Administrative, Professional, and Support Staff Handbook, the illegal use, sale, or possession of alcohol, narcotics, drugs, or controlled substances while on university property or during any university activity is prohibited. Employees who are under the influence of alcohol or drugs, or who possess or consume alcohol or drugs on the job, have the potential for interfering with their own, as well as their co-workers' safe and efficient job performance. Any university employee who is convicted of any federal or state criminal drug statute for drug related misconduct in the workplace must report the conviction within five (5) days thereafter to the Human Resources office.

Staff Sanctions:

Any illegal activity or substances will be reported to the appropriate law enforcement agency and may result in criminal prosecution. Violation of conduct standards are cause for disciplinary action up to and including termination of employment. University officials reserve the right to require drug testing when there is reasonable cause to believe that an employee is under the influence of drugs.

Relevant State and Federal Laws

Students, faculty, and staff who violate Southeastern's drug and alcohol policies are simultaneously subject to criminal sanctions provided by federal, state, and local law. This is a summary of those legal sanctions:

Federal Trafficking Penalties for Schedules I, II, III, IV, and V (except Marijuana)				
Schedule	Substance/Quantity	Penalty	Substance/Quantity	Penalty
II	Cocaine 500-4999 grams mixture	First Offense: Not less than 5 yrs. and not more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$5 million if an individual, \$25	Cocaine 5 kilograms or more mixture	First Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$10 million if an individual, \$50
II	Cocaine Base 28-279 grams mixture		Cocaine Base 280 grams or more mixture	
IV	Fentanyl 40-399 grams mixture		Fentanyl 400 grams or more mixture	
I	Fentanyl Analogue 10-99 grams mixture		Fentanyl Analogue 100 grams or more mixture	

I	Heroin 100-999 grams mixture	million if not an individual.	Heroin 1 kilogram or more mixture	million if not an individual.
I	LSD 1-9 grams mixture	Second Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, life imprisonment. Fi ne of not more than \$8 million if an individual, \$50 million if not an individual.	LSD 10 grams or more mixture	Second Offense: Not less than 20 yrs, and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual. 2 or More Prior Offenses: Life imprisonment. Fi ne of not more than \$20 million if an individual, \$75 million if not an individual.
II	Methamphetamine 5-49 grams pure or 50-499 grams mixture		Methamphetamine 50 grams or more pure or 500 grams or more mixture	
II	PCP 10-99 grams pure or 100-999 grams mixture		PCP 100 grams or more pure or 1 kilogram or more mixture	
Substance/Quantity			Penalty	
Any Amount Of Other Schedule I & II Substances		First Offense: Not more that 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than Life. Fine \$1 million if an individual, \$5 million if not an individual.		
Any Drug Product Containing Gamma Hydroxybutyric Acid		Second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if not an individual.		
Flunitrazepam (Schedule IV) 1 Gram				
Any Amount Of Other Schedule III Drugs		First Offense: Not more than 10 yrs. If death or serious bodily injury, not more that 15 yrs. Fine not more than \$500,000 if an individual, \$2.5 million if not an individual. Second Offense: Not more than 20 yrs. If death or serious injury, not more than 30 yrs. Fine not more than \$1 million if an individual, \$5 million if not an individual.		
Any Amount Of All Other Schedule IV Drugs (other than one gram or more of Flunitrazepam)		First Offense: Not more than 5 yrs. Fine not more than \$250,000 if an individual, \$1 million if not an individual. Second Offense: Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if other than an individual.		

Any Amount Of All Schedule V Drugs	<p>First Offense: Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual.</p> <p>Second Offense: Not more than 4 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.</p>
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Federal Trafficking Penalties for Marijuana, Hashish and Hashish Oil, Schedule I Substances	
Marijuana 1,000 kilograms or more marijuana mixture or 1,000 or more marijuana plants	<p>First Offense: Not less than 10 yrs. or more than life. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than \$10 million if an individual, \$50 million if other than an individual.</p> <p>Second Offense: Not less than 20 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$20 million if an individual, \$75 million if other than an individual.</p>
Marijuana 100 to 999 kilograms marijuana mixture or 100 to 999 marijuana plants	<p>First Offense: Not less than 5 yrs. or more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine not more than \$5 million if an individual, \$25 million if other than an individual.</p> <p>Second Offense: Not less than 10 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$8 million if an individual, \$50million if other than an individual.</p>
Marijuana 50 to 99 kilograms marijuana mixture, 50 to 99 marijuana plants	<p>First Offense: Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine \$1 million if an individual, \$5 million if other than an individual.</p>
Hashish More than 10 kilograms	<p>Second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if other than an individual.</p>
Hashish Oil More than 1 kilogram	
Marijuana less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight) 1 to 49 marijuana plants	<p>First Offense: Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual.</p> <p>Second Offense: Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual.</p>
Hashish 10 kilograms or less	
Hashish Oil 1 kilogram or less	

For a detailed and comprehensive overview of all Federal drug laws written by the Congressional Research Service, visit: <https://www.fas.org/sgp/crs/misc/RL30722.pdf>

Oklahoma Law provides similar penalties with regard to the simple possession, distribution, or possession with the intent to distribute a controlled dangerous substance. Simple possession of marijuana is a misdemeanor and carries a punishment of up to 1 year in the county jail. A second or subsequent conviction for simple possession of marijuana carries 2-10 years in the state penitentiary. Possession of marijuana with the intent to distribute is a felony and carries a punishment of 2 years to life in the penitentiary and a fine of up to \$20,000 for the first conviction. A second or subsequent conviction carries a punishment of 4 years to life in prison and a fine of up to \$40,000. Depending upon the quantity involved, a convicted individual could be sentenced under the Oklahoma "Trafficking in Illegal Drugs Act" which provides for much harsher penalties.

In addition, the Prevention of Youth Access to Alcohol, became effective July 1, 2006. For minors consuming/in possession of alcohol or 3.2 beer, the following penalties apply:

1st violation: fines up to \$300 and/or community service not to exceed 30 hours, and mandatory revocation of driver's license for 6 months;

2nd violation: fines up to \$600 and/or community service not to exceed 60 hours, and mandatory revocation of driver's license for 1 year;

3rd violation: fines up to \$900 and/or community service not to exceed 90 hours, and mandatory revocation of driver's license for 2 years;

All minors who violate this law are subject to drug and alcohol assessment;

Minors who have not yet received a driver's license will not be allowed to obtain a license for the same amount of time as the license would have been revoked.

Health Risks Associated with Alcohol and Other Drugs

Table

SOURCE: DEA, <i>Drugs of Abuse</i> , 2011				Dependence							
Drugs	CSA Schedules	Trade or Other Names	Medical Uses	Physical	Psycho-logical	Tolerance	Duration (Hours)	Usual Method	Possible Effects	Effects of Overdose	Withdrawal Syndrome
Narcotics											
Heroin	Substance I	Diamorphine, Horse, Smack, Black tar, <i>Chiva, Negra (black tar)</i>	None in U.S., Analgesic, Antitussive	High	High	Yes	3-4	Injected, snorted, smoked	Euphoria, drowsiness, respiratory depression, constricted pupils, nausea	Slow and shallow breathing, clammy skin, convulsions, coma, possible death	Watery eyes, runny nose, yawning, loss of appetite, irritability, tremors, panic, cramps, nausea, chills and sweating
Morphine	Substance II	MS-Contin, Roxanol, Oramorph SR, MSIR	Analgesic	High	High	Yes	3-12	Oral, injected			
Hydrocodone	Substance II, Product III, V	Hydrocodone w/ Acetaminophen, Vicodin, Vicoprofen, Tussionex, Lortab	Analgesic, Antitussive	High	High	Yes	3-6	Oral			
Hydro-morphone	Substance II	Dilaudid	Analgesic	High	High	Yes	3-4	Oral, injected			
Oxycodone	Substance II	Roxicet, Oxycodone w/ Acetaminophen, OxyContin, Endocet, Percocet, Percodan	Analgesic	High	High	Yes	3-12	Oral			
Codeine	Substance II, Products III, V	Acetaminophen, Guaifenesin or Promethazine	Analgesic, Antitussive	Moderate	Moderate	Yes	3-4	Oral, injected			

		w/Codeine, Fiorinal, Fioricet or Tylenol w/Codeine										
Other Narcotics	Substance II, III, IV	Fentanyl, Demerol, Methadone, Darvon, Stadol, Talwin, Paregoric, Buprenex	Analgesic, Antidiarrheal, Antitussive	High-Low	High-Low	Yes	Variable	Oral, injected, snorted, smoked				
Depressants												
<i>gamma</i> Hydroxybutyric Acid	Substance I, Product III	GHB, Liquid Ecstasy, Liquid X, Sodium Oxybate, Xyrem®	None in U.S., Anesthetic	Moderate	Moderate	Yes	3-6	Oral	Slurred speech, disorientation, drunken behavior without odor of alcohol, impaired memory of events, interacts with alcohol	Shallow respiration, clammy skin, dilated pupils, weak and rapid pulse, coma, possible death	Anxiety, insomnia, tremors, delirium, convulsions, possible death	
Benzodiazepines	Substance IV	Valium, Xanax, Halcion, Ativan, Restoril, Rohypnol (Roofies, R-2), Klonopin	Antianxiety, Sedative, Anti-convulsant, Hypnotic, Muscle Relaxant	Moderate	Moderate	Yes	1-8	Oral, injected				
Other Depressants	Substance I, II, III, IV	Ambien, Sonata, Meprobamate, Chloral Hydrate, Barbiturates, Methaqualone (Quaalude)	Antianxiety, Sedative, Hypnotic	Moderate	Moderate	Yes	2-6	Oral				
Stimulants												
Cocaine	Substance II	Coke, Flake, Snow, Crack, <i>Coca, Blanca, Perico, Nieve</i> , Soda	Local anesthetic	Possible	High	Yes	1-2	Snorted, smoked, injected	Increased alertness, excitation, euphoria, increased pulse rate & blood pressure, insomnia, loss of appetite	Agitation, increased body temperature, hallucinations, convulsions, possible death	Apathy, long periods of sleep, irritability, depression, disorientation	
Amphetamine/ Meth-amphetamine	Substance II	Crank, Ice, Cristal, Krystal Meth, Speed, Adderall, Dexedrine, Desoxyn	Attention deficit/ hyperactivity disorder, narcolepsy, weight control	Possible	High	Yes	2-4	Oral, injected, smoked				
Methylphenidate	Substance II	Ritalin (Illy's), Concerta, Focalin, Metadate	Attention deficit/	Possible	High	Yes	2-4	Oral, injected,				

			hyperactivity disorder					snorted, smoked			
Other Stimulants	Substance III, IV	Adipex P, Ionamin, Prelu-2, Didrex, Provigil	Vaso-constriction	Possible	Moderate	Yes	2-4	Oral			
Hallucinogens											
MDMA and Analogs	Substance I	(Ecstasy, XTC, Adam), MDA (Love Drug), MDEA (Eve), MBDB	None	None	Moderate	Yes	4-6	Oral, snorted, smoked	Heightened senses, teeth grinding and dehydration	Increased body temperature, electrolyte imbalance, cardiac arrest	Muscle aches, drowsiness, depression, acne
LSD	Substance I	Acid, Microdot, Sunshine, Boomers	None	None	Unknown	Yes	8-12	Oral	Illusions and hallucinations, altered perception of time and distance	(LSD) Longer, more intense "trip" episodes	None
Phencyclidine and Analogs	Substance I, II, III	PCP, Angel Dust, Hog, Loveboat, Ketamine (Special K), PCE, PCPy, TCP	Anesthetic (Ketamine)	Possible	High	Yes	1-12	Smoked, oral, injected, snorted		Unable to direct movement, feel pain, or remember	Drug seeking behavior *Not regulated
Other Hallucinogens	Substance I	Psilocybe mushrooms, Mescaline, Peyote Cactus, Ayahuasca, DMT, Dextro-methorphan* (DXM)	None	None	None	Possible	4-8	Oral			
Cannabis											
Marijuana	Substance I	Pot, Grass, Sinsemilla, Blunts, <i>Mota, Yerba, Grifa</i>	None	Unknown	Moderate	Yes	2-4	Smoked, oral	Euphoria, relaxed inhibitions, increased appetite, disorientation	Fatigue, paranoia, possible psychosis	Occasional reports of insomnia, hyperactivity, decreased appetite
Tetrahydro-cannabinol	Substance I, Product III	THC, Marinol	Antinauseant, Appetite stimulant	Yes	Moderate	Yes	2-4	Smoked, oral			
Hashish and Hashish Oil	Substance I	Hash, Hash oil	None	Unknown	Moderate	Yes	2-4	Smoked, oral			

Anabolic Steroids											
Testosterone	Substance III	Depo Testosterone, Sustanon, Sten, Cypt	Hypogonadism	Unknown	Unknown	Unknown	14-28 days	Injected	Virilization, edema, testicular atrophy, gynecomastia, acne, aggressive behavior	Unknown	Possible depression
Other Anabolic Steroids	Substance III	Parabolan, Winstrol, Equipose, Anadrol, Dianabol, Primabolin-Depo, D-Ball	Anemia, Breast cancer	Unknown	Yes	Unknown	Variable	Oral, injected			
Inhalants											
Amyl and Butyl Nitrite		Pearls, Poppers, Rush, Locker Room	Angina (Amyl)	Unknown	Unknown	No	1	Inhaled	Flushing, hypotension, headache	Methemoglobinemia	Agitation
Nitrous Oxide		Laughing gas, balloons, Whippets	Anesthetic	Unknown	Low	No	0.5	Inhaled	Impaired memory, slurred speech, drunken behavior, slow onset vitamin deficiency, organ damage	Vomiting, respiratory depression, loss of consciousness, possible death	Trembling, anxiety, insomnia, vitamin deficiency, confusion, hallucinations, convulsions
Other Inhalants		Adhesives, spray paint, hair spray, dry cleaning fluid, spot remover, lighter fluid	None	Unknown	High	No	0.5-2	Inhaled			
Alcohol		Beer, wine, liquor	None	High	High	Yes	1-3	Oral			

Programs Available to Students Faculty and Staff

Educational Programs

The Southeastern Oklahoma State University Counseling Center provides counseling services to students struggling with alcohol and drug related matters, and is capable of referral services to any faculty, full-time, and part-time staff that are struggling with alcohol and drug related matters. Their contact information shall be included in the annual DFSCA disclosure.

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Counseling and Treatment Programs

Southeastern Oklahoma State University Counseling Center (students only)
Glen D Johnson Student Union, Room 229
580-745-2988

Southeastern Oklahoma State University Student Health Services (students only)
Glen D Johnson Student Union, Room 229
580-745-2867

Non-Campus Programs (external options)

Alcoholics Anonymous
580-324-1332

Bryan County Health Unit
924-4299 or 4285

Bryan County Counseling Center
924-0564

Grayson County Counseling Services
903-892-2874

Grayson County Health Department
Administration and Services
903-893-0131 or 903-892-3776

Kiamichi Council on Alcoholism and Other Drug Abuse
924-6692

Alliance Health-Durant
924-3080

Oklahoma Alcoholism Information Centers
924-7330; 371-3019

Texas Alcoholism Information Centers
903-892-9911

Texoma Medical Center
903-416-4000

Non-Campus Hotlines

National Institution on Drug Abuse Information and Referral, 1-800-662-HELP, Monday-Friday, 8:30 a.m.-4:30 p.m.

Safe & Drug-Free Schools, 1-800-624-0100, Monday-Friday, 8 a.m.-5 p.m.

National Council on Alcoholism, 1-800-622-2255, 7 days a week, 24 hours a day

American Council for Drug Education, 1-800-488-DRUG

National Clearinghouse for Alcohol & Drug Information, 1-800-SAYNOTO

Al-Anon & Alateen crisis Line 1-800-356-9996

Cocaine Helpline, 1-800-COCAINE

National Marijuana Hotline 1-888-MARIJUA

National Heroin Hotline 1-900-9-HEROIN

Reach-Out Hotline, 1-800-522-9054 (alcohol, drug crisis intervention, mental health and referral)

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