



Drug and Alcohol Abuse Prevention Program 2020

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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 [<https://www.se.edu/studenthandbook/>]. Faculty policy provisions can be found in the Academic Policies and Procedures Manual, Section 7.1. [<https://www.se.edu/human-resources/wp-content/uploads/sites/28/2019/05/academic-policies-and-procedures-1.pdf>]. Staff policy provisions can be found Administrative Policies and Procedures Handbook [<https://www.se.edu/human-resources/wp-content/uploads/sites/28/2019/05/Employee-Handbook-Rev-11-09-2015-1.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. In response to the passage of State Question 788, the medical Marijuana Legalization Initiative, Southwestern Oklahoma State University stakeholders met to discuss the possible implications and outcomes for the Southeastern community. During this meeting, discussion ranged from possible residential living and learning scenarios to classroom interactions. A secondary group, the student conduct committee, looked into possible policy and sanctioning fluctuations. In the end, it was concluded that no policy change will occur in that Southeastern receives federal funding and therefore must abide by the federal Drug Free Schools and Communities Act Amendments of 1989. Thus, Southeastern will continue to enforce its current policy related to the use, possession, or distribution of marijuana on its campus.

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.

Education 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.

Safe Colleges. SafeColleges is an online educational program to address the unique challenges and responsibilities of college life for students surrounding alcohol and drugs. Currently, the program is utilized for sanctions related to drugs and alcohol; however, making the programs available to instructors in College Success class will begin in Fall 2019. The program is at no costs to students.

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.

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 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, prospective students, faculty, and staff at the beginning of each Fall Semester. A similar notice shall also be communicated to any new and prospective 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 2019 Biennial Review Report of the Southeastern Oklahoma State University’s Drug and Alcohol Abuse Prevention Programs:

After reviewing the information collected on all drug and alcohol abuse and prevention across the University landscape, we have determined that our educational programming and awareness efforts have benefitted from a centralized strategy. The coordination recommended in the 2015 and 2017 Biennial Reviews have 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 conclusion can be made:

- Each semester the DAAPP Committee members should review, evaluate and update each component of their drug and alcohol related programs.
- An annual review of policy and sanctioning regarding alcohol and drugs should be completed for alignment and should be submitted to the DAAPP committee by July 1 each year. Policies and practices will be updated in advance of the academic year.
- The non-student campus alcohol policies are underdeveloped and need to be revised.
- A review of current education modules should be done annually with updates and additions made prior to each academic year.
- Continuing research and discussions must be had as the new medical marijuana laws are implemented. Attention will be given to best practices regarding the policy, practice and implementation of these laws.

Appendix



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 Student Handbook and Code of Conduct, 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 million if not an individual. Second Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$8 million if an individual, \$50 million if not an individual.	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 million if not an individual. 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. Fine of not more than \$20 million if an individual, \$75 million if not an individual.
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		Heroin 1 kilogram or more mixture	
I	LSD 1-9 grams mixture		LSD 10 grams or more mixture	
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	First Offense: Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual. Second Offense: Not more than 4 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.

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	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. 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.
Marijuana 100 to 999 kilograms marijuana mixture or 100 to 999 marijuana plants	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. 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.

Marijuana 50 to 99 kilograms marijuana mixture, 50 to 99 marijuana plants	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.
Hashish More than 10 kilograms	
Hashish Oil More than 1 kilogram	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.
Marijuana less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight)	First Offense: Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual. Second Offense: Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual.
1 to 49 marijuana plants	
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:

Code Section	Oklahoma Statutes Title 63 §2-101, et seq. : Uniform Controlled Dangerous Substances Act
Possession	Misdemeanor with penalty of up to 1 yr. or fined \$10,000; Subsequent offense: felony, 2-10 yrs. Fine not to exceed \$25,000; Within 1000 feet of school or in presence of child under 12: up to double penalties; subsequent offense: up to triple penalties
Sale	Felony, 2-10 yrs. and/or up to \$5000; Subsequent offense: double penalties
Trafficking	Between 25-1000 lbs.: \$25,000 to \$100,000; Over 1000 lbs.: \$100,000 to \$500,000

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 w/Codeine, Fiorinal, Fioricet or Tylenol w/Codeine	Analgesic, Antitussive	Moderate	Moderate	Yes	3-4	Oral, injected			

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/ hyperactivity disorder	Possible	High	Yes	2-4	Oral, injected, snorted, smoked			
Other Stimulants	Substance	Adipex P, Ionamin, Prelu-	Vaso-	Possible	Moderate	Yes	2-4	Oral			

	III, IV	2, Didrex, Provigil	constriction								
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, Cyp	Hypogonadism	Unknown	Unknown	Unknown	14-28 days	Injected	Virilization, edema,	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	testicular atrophy, gynecomastia, acne, aggressive behavior		
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

Education 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.

Safe Colleges 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.

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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.

Counseling and Treatment Programs

Southeastern Oklahoma State University Counseling Center (students only)
Glen D Johnson Student Union, Room 200
580-745-2988

Southeastern Oklahoma State University Student Health Services (students only)
Glen D Johnson Student Union, Room 200
580-745-2867

Employee Assistance Program (faculty and staff only)
Provided through Lincoln National Life Insurance Company, www.eapadvantage.com

877-757-7587

Non-Campus Programs (external options)

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 903-465-2878

Kiamichi Council on Alcoholism and Other Drug Abuse
924-6692

Medical Center of Southeastern Oklahoma
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

Cocaine Helpline, 1-800-COCAINE

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

Southeastern Oklahoma State University, in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246, as amended, Title IX of the Education Amendments of 1972, Americans with Disabilities Act of 1990, and other federal laws and regulations, does not discriminate on the basis of race, color, religion, national origin, sex, age, disability, sexual orientation, gender identity, or status as a veteran in any of its policies, practices or procedures. This includes but is not limited to admissions, employment, financial aid and educational services.