



Drug-Free Schools and Communities Act

Biennial Review Report  
Jan 2019 - Dec 2020

## **Purpose of Report**

The Drug-Free Schools and Campuses Regulations requires that Samuel Merritt University adopt and implement a program to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees.

The objectives of the biennial review as identified by the U.S. Department of Education include determining the effectiveness of and implementing any needed changes to all Alcohol and Drug Prevention Programs at Samuel Merritt University and ensuring that the disciplinary sanctions for violating standards of conduct are enforced consistently. This is done in compliance with the Code of Federal Regulations, 34 CFR Part 86, or The Drug-Free Schools and Communities Act. In order to meet compliance, the 2020 Biennial Review of Samuel Merritt University alcohol and other drug related policies and programs was conducted in October 2020.

The 2020 Review Committee Membership includes:

- Dr. Jeanne Zeamba, Staff Psychologist, Student Health and Counseling
- Dennis McReynolds, Adjunct Assistant Professor and Veteran's Resource/Student Services Coordinator

## **Drug-Free Schools and Community Act (DFSCA)**

SMU recognizes that alcohol and other drug use is fundamentally and ultimately an issue of individual choice and responsibility. However, all members of the SMU community are expected to comply with SMU regulations and with local, state and federal laws regarding alcohol and other drugs (AOD). SMU regulates the possession, consumption, distribution of certain types of alcoholic beverages at University events, and prohibits the sale of alcohol at University events on- and off-campus. The use, possession, manufacture, processing, distribution, or sale of any drug or controlled substance except as expressly permitted by law is also prohibited.

SMU's commitment to facilitating individual responsibility in the use of alcohol and other drugs is evidenced in its related regulations, programs and services, and sanctioning/enforcement. Educational programming regarding the effects of alcohol and drug abuse is provided by Student Affairs department including, but not limited to, Student Health and Counseling (SHAC), Student Body Association, Academic programs, and Human Resources. Enforcement of drug and alcohol regulations likewise rests with various departments, Student Affairs for students and Human Resources for employees. Any person suspected of being in violation of SMU drug and alcohol regulations is subject to the student conduct process conducted by Student Affairs or the employee regulations conducted by Human Resources. Students, faculty or staff found responsible for violating regulations are subject to sanctions such as: reprimand and warning, disciplinary probation, participation in an AOD abuse education and prevention programs, provision of a service, suspension or expulsion from SMU. Where appropriate, referral for prosecution under local, state, or federal law may also occur. California state law allows SMU to investigate and act on any suspicion of violation of local, state or federal law.

## **Description of Drug and Alcohol Programs and Services**

Samuel Merritt University is a professional Health Sciences, non-residential, commuter institution of higher education. Thus, rather than being faced with on-campus violations of AOD laws and conduct policies, SMU faculty and staff more often handle the impact of alcohol use and abuse via Student Health and Counseling Services department which employs licensed Nurse Practitioners and Clinical Psychologists, through Student Services and individual Academic Program curricula. Most curricula address it as a part of their clinical preparation. The Bachelor of Science in Nursing program has an elective course called Drugs and Society. This general education course provides a broad, interdisciplinary introduction to the abuse of drugs in the society, focusing on the personal and social impact of the use of legal and illegal drugs through an individual's lifespan. Students explore both personal and social choices and become informed consumers of legal drugs and aware of the consequences of illegal drugs. Course themes include:

1. Physiological Aspects of drug use - effects of drugs on the body, disease caused by drug use, and lifestyle diseases and drug use;
2. Psychological Aspects of drug use - drug use and stress, drug use and human relationships;
3. Social Aspects of drug use - effects of use and abuse of drugs on society; and
4. Preventative Aspects of drug use - healthy choices toward drug use, alternative choices to drug use, and coping skills.

The University also addresses this difference through emphasis on AOD laws, collaborations with external agencies, and access to treatment facilities within our academic, outreach and educational efforts. Samuel Merritt University believes that efforts to prevent or ameliorate AOD abuse are most likely to succeed when they involve collaborative interactions with all relevant stakeholders including university officials and administrative staff, students, the Cities of Oakland, Sacramento, and San Mateo, the respective County Public Health agencies and local hospitals, and a variety of mental health and other caregivers in the community, as well as local and state lawmakers and officials.

Samuel Merritt University is committed to providing a safe and healthy learning environment that enriches our student, staff and faculty community. SMU is committed to ensuring, to the best of its ability, that its students, staff, and faculty are aware of the dangers of abuse of alcohol and other drugs, have appropriate information and resources to ameliorate such abuse, and are subjected to appropriate enforcement regarding the inappropriate or illegal use or abuse of such substances on campus and at other venues that involve university community members. SMU also fully supports those who choose to remain abstinent from the use of alcohol or other drugs, and it seeks to provide a broad array of activities that are alcohol and drug-free.

## **Programs Addressing AOD Use and Abuse**

### Background and Drug Screenings

All new, accepted applicants are required to complete a background check.

All new, accepted applicants in nursing programs are required to complete a Ten Panel drug screening which includes detections of THC, Cocaine, Opiates, PCP, Amphetamines, Benzodiazepines, Barbiturates, Methaqualone, Propoxyphene, & Methadone. There is also an expanded drug screen that includes the above as well as alcohol. Continuing students, or accepted applicants in other programs of study, may be required to complete a drug screen if required by a clinical agency.

The background and drug screenings are completed through an external vendor

If a student test positive on the drug screen, the following procedure is implemented:

1. Medical Review Officer (MRO) evaluates the positive screen and works with the applicant to adjust if due to prescription medications.
2. The Assistant Vice President for Student Affairs (AVP) is alerted regarding a positive screen. The applicant is notified of the University policies and meets with the applicant regarding the nature of the alert and appropriate steps (deferral of admission pending a clean drug screen, rescinded offer of admission, or other appropriate option).
3. The AVP communicates with the Program Chair or Director regarding the alert and action taken.

Alcohol-Free Activities: SMU offers a broad range of alcohol-free activities that involve student clubs and organizations, academic opportunities, social programs, and others.

Brief Alcohol Screening and Intervention of College Students (BASICS): Staff members in the Student Health and Counseling Center are able to facilitate the BASICS program. This intervention for individual high-risk drinking students is composed of two, one-hour sessions that occur one week apart. Students sanctioned to BASICS typically have elevated scores on the various AOD screenings. Through BASICS, students engage in a discussion with a professional staff member about their substance use history and are encouraged to engage in a discussion of what, if anything, they might want to change about their alcohol and other substance use.

Psychological Counseling and Referral – Individual and Group: Individual and group counseling for AOD issues are available to students through the Student Health and Counseling Center. When student needs are beyond the scope of available services, SHAC offers case management to assist students in initiating treatment that meets their needs outside the university. SHAC staff members are also available to consult with other student collaterals (with student's permission) to strategize the best ways to support students contending with AOD issues.

Wellness Outreach Programming: The Student Health and Counselling Center employs a community psychology model that includes an emphasis on reaching out to the university community by giving presentations and workshops in many campus settings and venues, and

developing in-depth relationships with a variety of communities, constituencies who would otherwise not go to SHAC due to stigma or cultural reasons.

### Standards of Conduct: Samuel Merritt University Policies Addressing Alcohol and Drug Use and Abuse

#### 1. Samuel Merritt University Student Code of Conduct

Students enrolled at Samuel Merritt University assume an obligation to conduct themselves in a manner compatible with the philosophy of the institution, the codes of ethics, and California laws and regulations pertaining to their respective professions. Specific behaviors for which students are subject to discipline can be found in the Catalog and Student Handbook.

#### 2. Drug Free Schools and Communities Act Amendment of 1989

The Drug Free Schools and Communities Act Amendment of 1989 requires all colleges and universities to distribute information about alcohol and substance abuse to their students. Any Samuel Merritt University student who violates University alcohol and substance abuse policies is subject to disciplinary action up to and including suspension or expulsion from the University.

- Physical therapy licenses may be suspended or revoked for “habitual intemperance” and “addiction to the excessive use of any habit-forming drug” (Board of Medical Quality Assurance).
- Nursing students convicted of the possession or sale of illegal drugs may be denied licensure by the Board of Registered Nursing and physical therapy students by the Board of Medical Quality Assurance. The California Board of Registered Nursing defines use of illegal substances as “...unfitness to perform nursing functions in a manner consistent with the public health, safety, or welfare” (California Administrative Code, Section 1444).
- Occupational therapists are registered at the national level by the National Board for Certification in Occupational Therapy and licensed within the state of California. Occupational therapy students who are convicted of the possession or sale of illegal drugs may be denied the opportunity to sit for the national certification examination, which means they would not become registered occupational therapists. Occupational therapy licenses may be denied, suspended or revoked for these offenses.

Students who have personal concerns about the abuse of tobacco, alcohol, and drugs are encouraged to make a confidential appointment to see a Professional Psychologist at the Student Health and Counseling Center. There is no charge for these services.

The Assistant Vice President of Student Affairs is also available to talk confidentially with any student about concerns and to make referrals as appropriate.

Under the comprehensive Alcohol Abuse and Alcoholism Prevention, Treatment and Rehabilitation Act of 1970 and Drug Abuse Office and Treatment Act of 1979, confidentiality is protected.

### 3. Drug Free Workplace Policy

In compliance with federal regulations, Samuel Merritt University reaffirms its policy that the unlawful manufacture, distribution, dispensing, possession, or use of a controlled substance is prohibited on the University campus and its learning environments, including clinical agencies and in any of its activities. An employee or student found to be engaged in any of the foregoing activities may be required to participate in a drug-abuse assistance or rehabilitation program and is subject to disciplinary action, up to and including notification of any appropriate licensing agency and employee termination or student dismissal.

Drug abuse has no place in the learning environment or in client-care settings. Drug counseling, rehabilitation, and assistance are available to employees and students through Alta Bates Summit Medical Center's MPI behavioral services. The University encourages students and employees to seek counseling privately or through MPI. Except as required by the regulation, strictest confidence will be observed.

### 4. Alcoholic Beverages Policy

The possession, sale, or the furnishing of alcohol on the University campus is governed by California state law. Samuel Merritt University has been designated as "drug and alcohol free" and only under certain circumstances is the consumption of alcohol permitted. The possession, sale, manufacture or distribution of any controlled substance is illegal both under state and federal laws. Violators are subject to university disciplinary action, criminal prosecution, fine and imprisonment.

It is unlawful to sell, furnish or provide alcohol to a person under the age of 21. The possession of alcohol by anyone under the age of 21 in public place or place open to public is illegal. It is also a violation of Samuel Merritt University policy for anyone to consume or possess alcohol in any public or private area of campus without prior University approval (as outlined below).

### 5. Smoking Policy

Samuel Merritt University prohibits all tobacco products (including e-cigarettes/vaping/juuling) on all campus areas.

### 6. Service of Alcoholic Beverages Policy

Student groups may include alcoholic beverages at official functions of the University provided the following guidelines are explicitly followed:

1. The Assistant Vice President for Student Affairs must approve the "Request to Serve Alcoholic Beverage" form, which is submitted no later than three working days prior to any event where serving of alcoholic beverage is planned.
2. All existing state laws are followed, including the authorized drinking age.

3. Each event must have a faculty or professional staff person responsible for and in attendance for the duration of the event. If event is a student run event, a student coordinator must also be responsible for and in attendance for the duration of the event.
4. Alcohol cannot be consumed or distributed after midnight (12 AM).
5. Persons wishing to drink alcohol must show ID.
6. Only wine and beer may be served at functions. Food and non-alcoholic drinks, appealing and in amounts equal to alcohol, must be provided. No alcohol may be sold at any Samuel Merritt University function, either on or off-campus.
7. The University's guidelines for serving alcohol are as follows:
  - a. For catered events, the caterer must serve the beer and wine and must show proof of liability coverage.
  - b. For non-catered events, a contracted bartending service must serve the beer and wine (please see below).
8. Security may be required (about one guard per 100 participants), depending on the nature of the event. The group is responsible for paying for the guard. The Assistant Vice President for Student Affairs will determine if security is needed.
9. Samuel Merritt University and/or the person serving alcoholic beverages reserve the right to refuse to serve alcoholic beverages to anyone.

#### Student Organized Events

All student-organized events must be approved in advance by the Assistant Vice President of Enrollment and Student Services.

#### Employee Organized Events

Please contact Contract Specialist. That person will assist in determining what is needed for all employee organized event(s) where alcoholic beverages will be served.

#### **Procedures for Annual Policy Distribution**

All Samuel Merritt University students, faculty, and staff will be sent information regarding the Samuel Merritt University Drug and Alcohol Abuse Prevention Policy on an annual basis. This information is also available in the [Catalog and Student Handbook](#).

#### Notification

All enrolled students and all employees receive an email from the Assistant Vice President for Student Affairs that notifies them of the updated Catalog and Handbook, and references federal notifications, including the Drug and Alcohol Abuse Prevention Policy. The complete policy is included in the [Catalog and Student Handbook](#).

## **Analysis of Efficacy of Samuel Merritt University's AOD Use and Abuse Efforts**

Samuel Merritt University is a professional school with mostly graduate students and an older student population. It is also a commuter school with no on-campus housing. That, coupled with the health sciences focus of our programs (which have strict licensure requirements regarding AOD behavior and abuses), facilitates healthy behavior in our students and employees. Positive healthy behavior around AOD makes it difficult to assess the impact of policies, educational efforts, and interventions.

Disseminating information about Drug and Alcohol abuse and counseling resources have appeared to have the most impact on students by passive display. However, effectiveness of passive educational efforts is difficult to assess.

An analysis of SMU's AOD efforts are as follows:

### Background and Drug Screenings at Admission (for students):

All new accepted applicants are required to submit to a background screening, and all accepted applicants in nursing programs are required to submit to a background screening and a drug screening. Any substance abuse issues are likely to be identified at that time, and the Assistant Vice President for Student Affairs works with the student to address any needs identified.

Between January 1, 2019 – December 31, 2020, approximately 2000 student and applicant drug screens were conducted. Of those, only three (3) had alerts and the Assistant Vice President worked with those applicants to defer admission to a subsequent semester or otherwise appropriately address so they could seek assistance and submit a clean screen.

Alcohol-Free Activities: The Division of Student Affairs at SMU oversees Student Health and Counseling, Student Services, and the Student Body Association and offers many wellness related and alcohol-free activities throughout the year (approximately 50 per year. Examples include:

- BeWell Community Learning Series Programming
- Awareness Week Campaigns (i.e., Mental Health Awareness Month, Sexual Assault Awareness Month, Sexual Responsibility Week, etc.)
- Wellness Events (i.e. programming such as meditation, art/creative expression, etc.)
- Yoga and Student Gym
- Health Fair
- Day of Mindfulness

### Brief Alcohol Screening and Intervention of College Students (BASICS):

There were no student referrals to the BASICS program at the SHAC for 2019-2020.

### Psychological Counseling and Referral:

Two Licensed Psychologists and a part time student intern are available to provide individual and group counseling for AOD issues are available to students through the Student Health and Counselling Center (SHAC). When student needs are beyond the scope of available services,



SHAC offer case management to assist students in initiating treatment that meets their needs outside the university. During the 2019-2020 time period, 1 off campus referrals for AOD use was made. Referrals to 12-step program are common referrals as well.

Outreach Presentations:

Professional staff members of the SHAC presented 4-6 presentations per year on all three SMU campuses. Presentation topics included topics such as Stress Management, Mindfulness, Building Health Relationships, Sexual Violence, Sleep Hygiene, etc. Information related to Alcohol and Other Drug Use are included in these presentations as appropriate.

Student Health and Counseling Center (SHAC)

During the Jan 1, 2019 – October 26, 2020 time period, the Counseling Center saw 158 unique students. Upon intake, students complete a Personal Identification Form which inquiries about alcohol and drug use. See Chart for data of the students seen during this time period below.

Do you consider your alcohol consumption a problem?	No. of Forms	% of Forms	No. of People	% of People
<No Response>	5	3.2	5	3.2
No	147	93.0	147	93.0
Yes	6	3.8	6	3.8
	<b>158</b>			

Do you use recreational drugs?	No. of Forms	% of Forms	No. of People	% of People
<No Response>	2	1.3	2	1.3
No	104	65.8	104	65.8
Yes	52	32.9	52	32.9
	<b>158</b>			

If yes, please check all that apply	No. of Forms	% of Forms	No. of People	% of People
<No Response>	91	57.6	91	57.6
Tobacco	5	3.2	5	3.2
Marijuana	35	22.2	35	22.2
Hallucinogens	2	1.3	2	1.3
Cocaine	1	0.6	1	0.6
Alcohol	29	18.4	29	18.4
DUI	2	1.3	2	1.3
caffeine	36	22.8	36	22.8
	<b>201</b>			

From these data we can conclude that of the students seen in the SHAC for Counseling Services between Jan 1, 2019 – October 26, 2020

- 147 students (93%) stated they did not have a problem with alcohol consumption
- 6 students (3.8%) stated they did have problems with alcohol consumption
- 5 students (3.2%) did not answer the question

When asked about use of recreations drugs, 32.9% indicated “Yes”, with the following breakdown (omitting alcohol, DUI and caffeine), the following numbers were reported for recreational drug use:

- Marijuana: 35 students (22%)
- Tobacco: 5 students (3.2%)

- Hallucinogens: 2 students (1.3%)
- Cocaine: 1 student (0.6%)
- DUI: 2 students (1.3%)

In addition, all students seen at the SHAC complete the CCAPS-62 at intake. The CCAPS-62 was developed by Counseling & Psychological Services at the University of Michigan in 2001 for the purpose of creating a high-quality, multi-dimensional assessment instrument that was affordable and clinically useful for college counseling centers. T

The CCAPS-62 asks questions about current substance use. Between Jan 1, 2019 and October 26, 2020, SMU students endorsed the following answers to substance use/abuse questions. Questions are asked on a 0-4 scale, with 0 = “not at all like me” and 4 = “a lot like me”, thus endorsements of a 3 or 4 indicate higher positive identification with the question. Students with higher scores will be further evaluated by SHAC psychologists and issues will be addressed and/or referred as clinical necessary.

<b>I drink alcohol frequently</b>	<b>No. of Forms</b>	<b>% of Forms</b>	<b>No. of People</b>	<b>% of People</b>
<No Response>	1	0.5	1	0.5
0	152	73.4	140	74.1
1	25	12.1	24	12.7
2	13	6.3	13	6.9
3	15	7.2	13	6.9
4	1	0.5	1	0.5
	<b>207</b>			

<b>I use drugs more than I should</b>	<b>No. of Forms</b>	<b>% of Forms</b>	<b>No. of People</b>	<b>% of People</b>
<No Response>	1	0.5	1	0.5
0	174	84.1	162	85.7
1	17	8.2	17	9.0
2	12	5.8	11	5.8
3	2	1.0	2	1.1
4	1	0.5	1	0.5
	<b>207</b>			

<b>When I drink alcohol I can't remember what happened</b>	<b>No. of Forms</b>	<b>% of Forms</b>	<b>No. of People</b>	<b>% of People</b>
<No Response>	1	0.5	1	0.5
0	173	83.6	160	84.7
1	14	6.8	14	7.4
2	10	4.8	10	5.3
3	6	2.9	6	3.2
4	3	1.4	3	1.6
	<b>207</b>			

I drink more than I should	No. of Forms	% of Forms	No. of People	% of People
0	168	81.2	155	82.0
1	17	8.2	17	9.0
2	4	1.9	4	2.1
3	13	6.3	13	6.9
4	5	2.4	5	2.6
	<u>207</u>			

I enjoy getting drunk	No. of Forms	% of Forms	No. of People	% of People
<No Response>	1	0.5	1	0.5
0	121	58.5	111	58.7
1	22	10.6	22	11.6
2	36	17.4	35	18.5
3	21	10.1	19	10.1
4	6	2.9	6	3.2
	<u>207</u>			

I have done something I have regretted because of drinking	No. of Forms	% of Forms	No. of People	% of People
0	136	65.7	125	66.1
1	16	7.7	16	8.5
2	14	6.8	14	7.4
3	28	13.5	27	14.3
4	13	6.3	13	6.9
	<u>207</u>			

#### Alcohol and Drug Violations by Students

No Students were in violation of alcohol and drug policies in 2016-2017

No Students were in violation of alcohol and drug policies in 2017-2018

#### Alcohol and Drug Violations by Employees

No Employees were in violation of alcohol and drug policies in 2016-2017

No Employees were in violation of alcohol and drug policies in 2017-2018

#### **Summary of Strength and Weaknesses:**

Samuel Merritt University is in compliance with the Drug Free Schools and Campuses Regulations, has an effective AOD policy, consistently enforces standards of behavior related to AOD use and abuse, and distributes the AOD policy to staff/faculty and students yearly. SMU uses a comprehensive, environmental approach to address alcohol and other drug use on campus, focusing on policy, education, academics, enforcement, intervention and data/assessment. Campus constituents work together to ensure that SMU students and Faculty/Staff are provided information and resources that promote a safe and healthy environment that attempts to mitigate risk as it pertains to alcohol and other drug use.

#### Program Strengths:

1. The University provides clear and comprehensive guidelines for students, faculty and staff regarding its alcohol and other drug policies.
2. The University maintains records of student and staff violations and sanctioning processes that are consistently implemented.
3. The University provides educational opportunities for alcohol and other drug prevention education to its students, faculty and staff.
4. The University provides AOD prevention to its students by developing alcohol and other drug prevention education efforts that are responsive to the audience.
5. Post admission student drug screening allows for early identification and intervention as necessary
6. Intervention and support services including counseling, outreach and referral and available via SHAC and other E&SS departments
7. Human Resource offers excellent health benefits for employees such as medical leave, addiction treatment and other mental health counseling support services.
8. The University maintains online web resources for students and staff related to drug and alcohol use and abuse.
9. AOD Information is included in the curriculum of all degree programs as appropriate. The BSN program offers the Drugs and Society course yearly.

#### Program Weaknesses:

1. The University has not surveyed the student population on AOD health related health behaviors and consequences since 2010 (via the ACHA-National College Health Assessment), thus current data regarding student reported AOD use is limited. This lack of data prevents effective analysis of trends at SMU.

#### **Program Recommendations**

Samuel Merritt University will continue to effectively establish future goals for prevention efforts through review of data for prevention and education programming for the upcoming 2021-2022 years. The University will continue to develop, evaluate, assess and pursue the best practices for our campuses to create a safe and healthy environment for our students, staff and faculty.

Recommendations include:

1. Continue to provide programs that focus on alcohol abuse while enhancing efforts to address marijuana and prescription drug abuse (alone and in combination with alcohol or other drugs). Remain current and address any changes to marijuana laws in California as they become active.
2. Continue to include programming related to drug and alcohol resources, distributions and campus wide campaigns.
3. Collaborate with campus faculty and instructors to incorporate alcohol and drug abuse information into curricula.
4. Create a stand-alone webpage dedicated to Drug and Alcohol resources and information that contains community resources, the annual drug and alcohol reports and the

biennial reports in one section and continue to update and monitor with the latest information for students/staff.

5. Conduct biennial, campus wide surveys to students (or incorporate into existing surveys) to consistently assess student use and abuse of alcohol and other drugs.

### **Summary**

Samuel Merritt University organized a cross departmental workgroup for the purpose of engaging in a biennial review of compliance with the Drug-Free Schools and Communities Act, and conducted a review in order to summarize and evaluate the effectiveness of the University's programs and activities related to alcohol and drug prevention during the 2019-2020 academic years.

The University remains in compliance with the requirements of the Drug-Free Schools and Communities Act and has adopted and implemented programs to prevent the abuse of alcohol and use or distribution of illicit drugs by its students and employees as demonstrated its comprehensive, environmental approach to addressing alcohol and other drug issues in its community. Samuel Merritt University remains committed to creating a safe and healthy environment for its students, staff and faculty.

## Appendix

### Federal, State and Local Sanctions Regarding Alcohol and Other Drugs

The following information about alcohol and other drugs, sanctions, and their effects is provided by the United States Department of Education and the Western Center for Drug-Free Schools and Communities/Northwest Regional Educational Laboratory.

#### TOBACCO

Every person, firm, or corporation which knowingly sells or gives or in any way furnishes to another person who is under the age of 18 years any tobacco, cigarette, or cigarette papers, or any other preparation of tobacco, or any other instrument or paraphernalia that is designed for the smoking or ingesting of tobacco, products prepared from tobacco, or any controlled substance, is guilty of a misdemeanor. (Penal Code 308)

#### ALCOHOL

Every person who sells, furnishes, gives, or causes to be sold, furnished, or given away, any alcoholic beverage to any person under the age of 21 is guilty of a misdemeanor. (Business and Professional Code 25658[a])

Any person under the age of 21 who purchases any alcoholic beverage, or any person under the age of 21 years who consumes any alcoholic beverages in any on-sale premises, is guilty of a misdemeanor. (Business and Professional Code 25658 [b])

Any person under the age of 21 years who has any alcoholic beverage in his possession on any street or highway or in any public place or in any place open to the public is guilty of a misdemeanor. This section does not apply to possession by a person under the age of 21 years making a delivery of an alcoholic beverage in pursuance of the order of his parent or in pursuance of his employment. (Business and Professional Code 25662)

It is unlawful for a person under the age of 18 years who has 0.05 percent or more, by weight, of alcohol in his or her blood to drive a vehicle. (California Vehicle Code 23140[a])

It is unlawful for any person, while under the influence of an alcoholic beverage or any drug, or under the combined influence of an alcoholic beverage and any drug, to drive a vehicle and, when so driving, do any act forbidden by law or neglect any duty imposed by law in the driving of the vehicle, which act or neglect proximately causes death or bodily injury to any person other than the driver. (California Vehicle Code 28258[a])

It is unlawful for any person, while having 0.08 percent or more, by weight, of alcohol in his or her blood to drive a vehicle and, when so driving, do any act forbidden by law or neglect any duty imposed by law in the driving of the vehicle, which act or neglect proximately causes death or bodily injury to any person other than the driver. (California Vehicle Code 25158[b])

No person shall drink any alcoholic beverage while driving a vehicle upon any highway. Every person who possesses, while driving a motor vehicle upon a highway, not more than one

avoirdupois ounce of marijuana other than concentrated cannabis, is guilty of a misdemeanor and shall be punished by a fine of not more than one hundred dollars (\$100). (California Vehicle Code 23220 and 23222[b])

It is unlawful for the registered owner of any motor vehicle, or the driver if the registered owner is not then present in the vehicle, to keep in a motor vehicle, when the vehicle is upon any highway, any bottle, can or other receptacle containing any alcoholic beverage which has been opened, or a seal broken, or the content of which have been partially removed, unless the container is kept in the trunk of the vehicle, or kept in some other area of the vehicle not normally occupied by the driver or passengers, if the vehicle is not equipped with a trunk. A utility compartment or glove compartment shall be deemed to be within the area occupied by the driver and passengers. (California Vehicle Code 23225)

No person under the age of 21 shall knowingly drive any motor vehicle carrying any alcoholic beverage, unless the person is accompanied by a parent or legal guardian or is employed by a licensee under the Alcoholic Beverage Control Act, and is driving the motor vehicle during regular hours and in the course of the person's employment. (California Vehicle Code 232246)

No passenger in any motor vehicle who is under the age of 21 years shall knowingly possess or have under that person's control any alcoholic beverage, unless the passenger is accompanied by a parent or legal guardian or is employed by a licensee under the Alcoholic Beverage Control Act, and the possession or control is during regular hours and in the course of the passenger's employment. (California Vehicle Code 23224[b])

If the vehicle used in any violation of the two preceding subdivisions is registered to an offender who is under the age of 21 years, the vehicle may be impounded at the owner's expense for not less than one day nor more than 30 days for each violation. (California Vehicle Code 23224[c])

The driver's license of any person under 21 years of age convicted of a violation of this sanction shall also be suspended for not less than 15 days nor more than 30 days. (California Vehicle Code 23224[d])

#### Liability

A cause of action may be brought by or on behalf of any person who has suffered injury or death against any person licensed or required to be licensed, or any person authorized by the federal government to sell alcoholic beverages on a military base or other federal enclave, who sells, furnishes, gives or causes to be sold, furnished or given away any alcoholic beverage to any obviously intoxicated minor where the furnishing, sale or giving of that beverage to the minor is the proximate cause of the personal injury or death sustained by that person. (Business and Professional Code 25602.1)

#### False Identification

Any person under the age of 21 years who presents or offers to any licensee, his agent or employee, any written, printed or photo static evidence of age and identity which is false, fraudulent or not actually his own for the purpose of ordering, purchasing, attempting to purchase or otherwise procuring or attempting to procure, the serving of any alcoholic

beverage, or who has in his possession any false or fraudulent written, printed, or photo static evidence of age and identity, is guilty of a misdemeanor and shall be punished by a fine of at least two hundred dollars (\$200), no part of which shall be suspended. (Business and Professional Code 25661)

Any person who sells, gives, or furnishes to any person under the age of 21 years any false or fraudulent written, printed, or photo static evidence of the majority and identity of such person or who sells, gives, or furnishes to any person under the age of 21 years evidence of majority and identification of any other person is guilty of a misdemeanor. (Business and Professional Code 25660.5)

#### Alcohol and Drug Education for Offenders

Any person found to have committed a violation of driving under the influence shall be required to participate in the alcohol education program. The court shall require the minor to participate in an alcohol education program or a community service program which provides an alcohol education component unless the court finds that the minor, or the minor's parent or parents, is unable to pay required fees for the program, there is no appropriate program located in the county, or other specific circumstances justify failure to impose this requirement. (California Vehicle Code 23141)

If the court finds it just and reasonable, the court may order the parent or parents of a minor who is ordered to participate in an alcohol education program or a community service program which provides an alcohol education component pursuant to this article, to pay the required fees for the program. (California Vehicle Code 23143)

#### MARIJUANA

##### Possession

Every person who possesses any concentrated cannabis shall be punished by imprisonment in the county jail for a period of not more than one year or by a fine of not more than five hundred dollars (\$500), or by both such fine and imprisonment, or shall be punished by imprisonment in the state prison. (Health and Safety Code 11357[a])

Every person who possesses not more than 28.5 grams of marijuana, other than concentrated cannabis, is guilty of a misdemeanor and shall be punished by a fine of not more than one hundred dollars (\$100). (Health and Safety Code 11357[a])

Every person who possess more than 28.5 grams of marijuana, other than concentrated cannabis, shall be punished by imprisonment in the county jail for a period of not more than six months or by a fine of not more than five hundred dollars (\$500), or by both such fine and imprisonment. (Health and Safety Code 11357[c]). Every person who possess for sale any marijuana except as otherwise provided by law, shall be punished by imprisonment in the state prison. (Health and Safety Code 11359)

##### Transportation

Every person who transports, imports into this state, sells, furnishes, administers, or gives away, or offers to transport, import into this state, sell, furnish, administer, or give away, or



attempts to import into this state or transport any marijuana shall be punished by imprisonment in the state prison for a period for two, three, or four years. (Health and Safety Code 11360[a])

Every person who gives away, offers to give away, transports, offers to transport, or attempts to transport not more than 28.5 grams of marijuana, other than concentrated cannabis, is guilty of a misdemeanor and shall be punished by a fine of not more than one hundred dollars (\$100). (Health and Safety Code 11360[b])

### PEYOTE

Every person who plants, cultivates, harvests, dries, or plants the genus *Lophophora*, also known as peyote, or any part thereof shall be punished by imprisonment in the county jail for a period of not more than one year in the state prison. (Health and Safety Code 11363)

### INHALANTS

#### Sale

Every person who sells, dispenses or distributes toluene, or substance or material containing toluene, to any person who is less than 18 years of age shall be guilty of a misdemeanor, and upon conviction shall be fined a sum of not less than one thousand dollars (\$1,000), nor more than two thousand five hundred (\$2,500), or by imprisonment for not less than six months nor more than one year. (Penal Code 380[a])

The provisions of this section (inhalants) shall apply to, but are not limited to, the sale or distribution of glue, cement, dope, paint thinners, paint, and any combination of hydrocarbons either alone or in combination with any substance or material including, but not limited to paint, paint thinners, shellac thinners, and solvents, which when inhaled, ingested or breathed, can cause a person to be under the influence of, or intoxicated from, any such combination of hydrocarbons. This section (inhalants) shall not apply to any glue or cement which has been certified by the State Department of Health Services as containing a substance which makes such glue or cement malodorous or causes such glue or cement to induce sneezing, nor shall this section apply where the glue or cement is sold, delivered, or given away simultaneously with or as a part of a kit used for the construction of model airplanes, model boats, model automobiles, model trains, or other similar models used for the assembly or creation of hobby craft items, using such components as beads, tiles, Tiffany glass, ceramics, clay, or other craft-related components. (Penal Code 380[d])

#### Inhaling

Any person who possesses toluene or any substance or material containing toluene, including, but not limited to, glue, cement, dope, paint thinner, paint and any combination of hydrocarbons, either alone or in combination with any substance or material including but not limited to paint, paint thinner, shellac thinner and solvents, with the intent to breathe, inhale or ingest for the purpose of causing a condition of intoxication, elation, euphoria, dizziness, stupefaction, or dulling of the senses or for the purpose of, in any manner, changing, distorting or disturbing the audio, visual or mental processes, or who knowingly and with the intent to do so is under the influence of toluene or any material containing toluene, or any combination of hydrocarbons is guilty of a misdemeanor. (Penal Code 381[a])

## Nitrous Oxide

Any person who possesses nitrous oxide or any substance containing nitrous oxide, with the intent to breathe, inhale, or ingest for the purpose of causing a condition of intoxication, elation, euphoria, dizziness, stupefaction, or dulling of the senses or for the purpose of, in any manner, changing, distorting, or disturbing the audio, visual, or mental processes, or who knowingly and with the intent to do so is under the influence of nitrous oxide or any material containing nitrous oxide is guilty of a misdemeanor. This section shall not apply to any person who is under the influence of nitrous oxide or any material containing nitrous oxide pursuant to an administration for the purpose of medical, surgical, or dental care by a person duly licensed to administer such an agent. (Penal Code 381[b])

## NARCOTICS AND DANGEROUS DRUGS

Every person who possesses any controlled substance, unless upon the written prescription of a physician, dentist, podiatrist, or veterinarian licensed to practice in this state, shall be punished by imprisonment in the state prison. (Health and Safety Code 11350[a])

Every person who possesses for sale any controlled substance shall be punished by imprisonment in the state prison for two, three, or four years. (Health and Safety Code 11351)

Every person who transports, imports into this state, sells, furnishes, administers, or gives away, or offers to transport, import into this state, sell, furnish, administer, or give away, or attempts to import into this state or transport any controlled substance, unless upon the written prescription of a physician, dentist, podiatrist, or veterinarian licensed to practice in the state, shall be punished by imprisonment in the state prison for three, four, or five years. (Health and Safety Code 11352)

Every person who agrees, consents, or in any manner offers to unlawfully sell, furnish, transport, administer, or give any controlled substance, or who offers, arranges, or negotiates to have any such controlled substance unlawfully sold, delivered, transported, furnished, administered, or given to any person and who then sells, delivers, furnishes, transports, administers, or gives, offers, arranges, or negotiates to have sold, delivered, transported, furnished, administered, or given to any person any other liquid substance, or materials in lieu of any such controlled substance shall be punished by imprisonment in the county jail for not more than one year, or in the state prison. (Health and Safety Code 11355)

It is unlawful for any person who is addicted to the use of any drug to drive a vehicle. The section (driving) shall not apply to a person who is participating in a methadone maintenance treatment program. (California Vehicle Code 23152[c])

## DRUG PARAPHERNALIA

It is unlawful to possess an opium pipe or any device, contrivance, instrument, or paraphernalia used for unlawfully injecting or smoking a controlled substance. (Health and Safety Code 11364)

It is a misdemeanor for any person to deliver, furnish, or transfer, or to possess with intent to deliver, furnish, or transfer, or to manufacture with intent to deliver, furnish, or transfer, drug paraphernalia, knowing, or under circumstances where one reasonably should know, that it will be used to plant, propagate, cultivate, grow, harvest, manufacture, compound, convert, produce, process, prepare, test, analyze, repack, store, contain, conceal, inject, ingest, inhale, or otherwise introduce into the human body a controlled substance in violation of this division. (Health and Safety Code 11364.7[a])

Any person 18 years of age or over who violates the foregoing subdivision by delivering, furnishing, or transferring drug paraphernalia to a person under 18 years of age who is at least three years his or her junior is guilty of a misdemeanor and upon conviction may be imprisoned for not more than one year, fined not more than one thousand dollars (\$1,000) or by both. (Health and Safety Code 11364. 7[b])

#### PRESENCE WHERE DRUGS ARE BEING USED

It is unlawful to visit or to be in any room or place where any controlled substances, or which narcotic drugs, are being unlawfully smoked or used with knowledge that such activity is occurring. (Health and Safety Code 11365)

#### DISORDERLY CONDUCT

Every person who commits the following act is guilty of disorderly conduct, a misdemeanor: Who is found in any public place under the influence of intoxicating liquor, any drug, controlled substance, toluene, or any combination of any intoxicating liquor, drug, controlled substance, or toluene, in such a condition that he or she is unable to exercise care for his or her own safety or the safety of others, or by reason of his or her being under the influence of intoxicating liquor, any drug, controlled substance, toluene, or any combination of any intoxicating liquor, drug, or toluene, interferes with or obstructs or prevents the free use of any street, sidewalk, or other public way. (Penal Code 647[f])

#### IMITATIONS

Any person who knowingly manufactures, distributes, or possesses with intent to distribute, an imitation controlled substance is guilty of a misdemeanor and shall, if convicted, be subject to imprisonment for not more than six months in the county jail or a fine of not more than one thousand dollars (\$1,000), or both such imprisonment and fine. (Health and Safety Code 11680)

#### POSSESSION OF DRUGS WITHOUT A PRESCRIPTION

No person shall have in possession any controlled substance, except that furnished to such person upon the prescription of a physician, dentist, podiatrist, or veterinarian. (Business and Professional Code 4230)

#### PROVIDING TO ATHLETES

Any coach, trainer, or other person acting in an official or nonofficial capacity as an adult supervisor for an athletic team consisting of minors under the age of 18 who sells, gives, or otherwise furnishes to any member of that team a diuretic, diet pill, or laxative with the intent that it be consumed, injected, or administered for any nonmedical purpose such as loss of

weight or altering the body in any way related to participation on the team or league, is guilty of a misdemeanor. (Penal Code 310.2[a])

### LOCAL SANCTIONS (OAKLAND)

Two Oakland Code provisions relate to drugs and alcohol. First, the Oakland Traffic Code provides: It shall be unlawful for any person who is under the influence of intoxicating liquor or narcotic drugs to be in or about any vehicle to which he has right of access or control while such vehicle is in or upon any street or any other public place in the City of Oakland, unless the same is under the immediate control or operation of a person not under the influence of intoxicating liquor or narcotic drugs. (Oakland Traffic Code Section 109)

A first conviction for an infraction of Section 109 results in a fine not exceeding \$50.00. A second conviction within one year results in a fine not exceeding \$100.00, and a third or subsequent conviction within one year results in a fine not exceeding \$250.00.

Second, the Oakland Municipal Code states—No person shall drink or have in his possession an open container of any alcoholic beverage: on any public street, sidewalk, or other public way; within fifty (50) feet of any public way while on private property open to public view without the express permission of the owner, or his agent, or the person in lawful possession thereof. (Oakland Municipal Code Section 3-4.21)

Alcohol and Other Drug Prevention and Education

### Substance Abuse Education and Specific Health Risks of Alcohol and Other Drugs and Their Effects:

The University offers a limited number of substance abuse programs including informational materials, counseling services (through Student Health and Counseling for students and Sutter Employee Assistance Program (EAP) for employees), referrals to diversion programs or long-term treatment, and university disciplinary actions.

The Samuel Merritt University [Catalog and Student Handbook](#) includes the following information regarding the health risks and effects of alcohol and other drugs.

### TOBACCO

The smoking of tobacco products (including e-cigarettes) is the chief avoidable cause of death in our society. Smokers are more likely than nonsmokers to contract heart disease—some 170,000 die each year from smoking-related coronary heart disease. Lung, larynx, esophageal, bladder, pancreatic, and kidney cancers also strike smokers at increased rates. Some 20 percent of cancer deaths (130,000 per year) are linked to smoking. Chronic obstructive lung diseases such as emphysema and chronic bronchitis are ten times more likely to occur among smokers than among nonsmokers. Smoking during pregnancy also poses serious risks. Spontaneous abortion, preterm birth, low birth weights, and fetal and infant death are all more likely to occur when the pregnant woman/mother is a smoker.

Cigarette smoke contains some 4,000 chemicals, several of which are known carcinogens. Other toxins and irritants found in smoke can produce eye, nose, and throat irritations. Carbon monoxide, another component of cigarette smoke, combines with hemoglobin in the blood stream to form carboxyhemoglobin, a substance that interferes with the body's ability to obtain

and use oxygen. Perhaps the most dangerous substance in tobacco smoke is nicotine. Although it is implicated in the onset of heart attacks and cancer, its most dangerous role is reinforcing and strengthening the desire to smoke. Because nicotine is highly addictive, addicts find it very difficult to stop smoking. Of 1,000 typical smokers, fewer than 20 percent succeed in stopping on the first try. Although the harmful effects of smoking cannot be questioned, people who quit can make significant strides in repairing damage done by smoking. For pack-a-day smokers, the risk of heart attack dissipates after ten years. The likelihood of contracting lung cancer as a result of smoking can also be greatly reduced by quitting.

### ALCOHOL

Alcohol consumption causes a number of marked changes in behavior. Even low doses significantly impair the judgment and coordination required to drive a car safely, increasing the likelihood that the driver will be involved in an accident. Low to moderate doses of alcohol also increase the incidence of a variety of aggressive acts, including spouse and child abuse. Moderate to high doses of alcohol cause marked impairments in higher mental functions, severely altering a person's ability to learn and remember information.

Very high doses cause respiratory depression and death. If combined with other depressants of the central nervous system, much lower doses of alcohol will produce the effects just described. Repeated use of alcohol can lead to dependence. Sudden cessation of alcohol intake is likely to produce withdrawal symptoms, including severe anxiety, tremors, hallucinations, and convulsions. Alcohol withdrawal can be life-threatening. Long-term consumption of large quantities of alcohol, particularly when combined with poor nutrition can also lead to permanent damage to vital organs such as the brain and the liver.

Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants have irreversible physical abnormalities and mental retardation. In addition, research indicates that children of alcoholic parents are at a greater risk than other youngsters of becoming alcoholics.

### CANNABIS

All forms of cannabis have negative physical and mental effects. Several regularly observed physical effects of cannabis are a substantial increase in the heart rate, bloodshot eyes, a dry mouth and throat, and increased appetite. Use of cannabis may impair or reduce short-term memory and comprehension, alter sense of time, and reduce ability to perform tasks requiring concentration and coordination, such as driving a car. Research also shows that students do not retain knowledge when they are "high." Motivation and cognition may be altered, making the acquisition of new information difficult. Marijuana can also produce paranoia

Because users often inhale the unfiltered smoke deeply and then hold it in their lungs as long as possible, marijuana is damaging to the lungs and pulmonary system. Marijuana smoke contains more cancer-causing agents than tobacco smoke.

### COCAINE

Cocaine stimulates the nervous system. Its immediate effects include dilated pupils and elevated blood pressure, heart rate, respiratory rate and body temperature. Occasional use can

cause a stuffy or runny nose, while chronic use can ulcerate the mucous membrane of the nose. Injecting cocaine with contaminated equipment can cause AIDS, hepatitis, and other diseases. Preparation of freebase, which involves the use of volatile solvents, can result in death or injury from fire or explosion. Cocaine can produce psychological and physical dependency, a feeling that the user cannot function without the drug. In addition, tolerance develops rapidly. Crack or freebase rock is extremely addictive, and its effects are felt within ten seconds. The physical effects include dilated pupils, increased pulse rate, elevated blood pressure, insomnia, loss of appetite, tactile hallucinations, paranoia, and seizures. The use of cocaine can cause death by cardiac arrest or respiratory failure.

### OTHER STIMULANTS

Stimulants can cause increased heart and respiratory rates, elevated blood pressure, dilated pupils, and decreased appetite. In addition, users may experience sweating, headache, blurred vision, dizziness, sleeplessness, and anxiety. Extremely high doses can cause a rapid or irregular heartbeat, tremors, loss of coordination and even physical collapse. An amphetamine injection creates a sudden increase in blood pressure that can result in stroke, very high fever, or heart failure. In addition to the physical effects, users report feeling restless, anxious, and moody. Higher doses intensify the effects. Persons who use large amounts of amphetamines over a long period of time can develop an amphetamine psychosis that includes hallucinations, delusions, and paranoia. These symptoms usually disappear when drug use ceases.

### DEPRESSANTS

The effects of depressants are in many ways similar to the effects of alcohol. Small amounts can produce calmness and relaxed muscles, but somewhat larger doses can cause slurred speech, staggering gait, and altered perceptions. Very large doses can cause respiratory depression, coma, and death. The combination of depressants and alcohol can multiply the effects of the drugs, thereby multiplying the risks. The use of depressants can cause both physical and psychological dependence. Regular use over time may result in a tolerance to the drugs, leading the user to increase the quantity consumed. When regular users suddenly stop taking large doses, they may develop withdrawal symptoms ranging from restlessness, insomnia, and anxiety to convulsions and death.

Babies born to mothers who abuse depressants during pregnancy may be physically dependent on the drugs and show withdrawal symptoms shortly after they are born. Birth defects and behavioral problems also may result.

### HALLUCINOGENS

Phencyclidine (PCP) interrupts the functions of the neocortex, the section of the brain that controls the intellect and keeps instincts in check. Because the drug blocks pain receptors, violent PCP episodes may result in self-inflicted injuries. The effects of PCP vary, but users frequently report a sense of distance and estrangement. Time and body movement are slowed down. Muscular coordination worsens and senses are dulled. Speech is blocked and incoherent. Chronic users of PCP report persistent memory problems and speech difficulties. Some of these effects may last six months to a year following prolonged daily use. Mood disorders—depression, anxiety, and violent behavior—also occur. In later stages of chronic use, users often exhibit paranoid and violent behavior and experience hallucinations. Large doses may produce

,convulsions and coma, as well as heart and lung failure. Lysergic acid (LSD), mescaline, and psilocybin cause illusions and hallucinations. The physical effects may include dilated pupils, elevated body temperature, increased heart rate and blood pressure, loss of appetite, sleeplessness, and tremors. Sensations and feelings may change rapidly. It is common to have a bad psychological reaction to LSD, mescaline, and psilocybin. The user may experience panic, confusion, suspicion, anxiety and loss of control. Delayed effects, or flashbacks, may occur even after use has ceased.

### NARCOTICS

Narcotics initially produce a feeling of euphoria that often is followed by drowsiness, nausea, and vomiting. Users also may experience constricted pupils, watery eyes, and itching. An overdose may produce slow and shallow breathing, clammy skin, convulsions, coma, and possible death. Tolerance to narcotics develops rapidly and dependence is likely. The use of contaminated syringes may result in disease such as AIDS, endocarditis, and hepatitis. Addiction in pregnant women can lead to premature, stillborn, or addicted infants who experience severe withdrawal symptoms.

### DESIGNER DRUGS

Illegal drugs are defined in terms of their chemical formulas. To circumvent these legal restrictions, underground chemists modify the molecular structure of certain illegal drugs to produce analogs known as designer drugs. These drugs can be several hundred times stronger than the drugs they are designed to imitate. Many of the so-called designer drugs are related to amphetamines and have mild stimulant properties but are mostly euphorants. They can produce severe neurochemical damage to the brain. The narcotic analogs can cause symptoms such as those seen in Parkinson's disease: uncontrollable tremors, drooling, impaired speech, paralysis, and irreversible brain damage. Analogs of amphetamines and methamphetamines cause nausea, blurred vision, chills or sweating, and faintness. Psychological effects include anxiety, depression, and paranoia. As little as one dose can cause brain damage. The analogs of phencyclidine cause illusions, hallucinations, and impaired perception.

### ANABOLIC STEROIDS

Anabolic steroids are a group of powerful compounds closely related to the male sex hormone testosterone. Developed in the 1930s, steroids are seldom prescribed by physicians today. Current legitimate medical uses are limited to certain kinds of anemia, severe burns, and some types of breast cancer. Taken in combination with a program of muscle-building exercise and diet, steroids may contribute to increases in body weight and muscular strength. Because of these properties, athletes in a variety of sports have used steroids since the 1950s, hoping to enhance performance. Today, they are being joined by increasing numbers of young people seeking to accelerate their physical development. Steroid users subject themselves to more than 70 side effects, ranging in severity from liver cancer to acne and including psychological as well as physical reactions. The liver and the cardiovascular and reproductive systems are most seriously affected by steroid use. In males, use can cause withered testicles, sterility, and impotence. In females, irreversible masculine traits can develop along with breast reduction and sterility. Psychological effects in both sexes include very aggressive behavior known as "roid rage" and depression. While some side effects appear quickly, others such as heart attacks and strokes, may not show up for years. Signs of steroid use include quick weight and

muscle gains (if steroids are being used in conjunction with a weight training program); behavior changes, particularly increased aggressiveness and combativeness; jaundice; purple or red spots on the body; swelling of feet or lower legs; trembling; unexplained darkening of the skin; and persistent unpleasant breath odor. Steroids are produced in tablet or capsule form for oral ingestion, or as a liquid for intramuscular injection.

#### Alcohol and Other Drug Treatment and Support Options:

Samuel Merritt University recognizes that substance abuse and dependence are treatable disorders. The University encourages employees and students to utilize treatment services and referral resources to address these serious conditions. The university provides the following support services to faculty, staff, and students:

#### Faculty and Staff Assistance:

Family Medical Leave: Employees afflicted by substance dependence may be eligible for leave under the Family and Medical Leave Act.

Office of the Americans with Disabilities Act Coordinator: All employees, including those who do not qualify for Family Medical Leave, may be eligible for job-protected leave or other reasonable accommodations under the ADA if they have a qualifying disability.

Short-Term Disability Insurance: Employees may be eligible to receive short-term disability insurance benefits if they are unable to work during a period of substance abuse treatment.

Faculty Staff Employee Assistance Program (EAP): A free and confidential counseling, consulting, and referral service designed to provide assistance to faculty and staff. Licensed counselors or psychologists provide services. Participants in this program can receive screening and referrals for substance abuse treatment.

#### Student Assistance Programs

SMU Student Health and Counseling (SHAC) Center: The SHAC offers a continuum of treatment and referral services to address substance abuse and dependence. Services include individual and group therapy, brief screening, and assessment. Students of the university are eligible to receive free individual and group counseling targeted toward substance abuse and dependence. Students can also receive free substance abuse assessments and referral services through SHAC. Students may take a brief online AOD screening through the SHAC website and/or phone 510.879-9200. Assistant Vice President of Student Affairs can be reached at 510.879-9252

#### Alameda County Support

Alameda County maintains a 24-hour alcohol and/or substance abuse ACCESS line for residents. University faculty, staff, and students are encouraged to use this free service for support, education, crisis intervention and referral. The number for ACCESS is 1.800.491.9099. Website:

[Alameda County Substance Abuse and Treatment Resources](#)



### Sacramento County

The Sacramento County Department of Health and Human Services (DHHS) provides treatment and recovery services for alcohol and drug abuse. We contract with an array of community-based service providers throughout Sacramento County. The range of services provided through these organizations includes outpatient treatment, methadone treatment, day treatment, detoxification, residential services, and perinatal services.

#### Adult System of Care

3321 Power Inn Road, Suite 120

Sacramento, CA 95826

(916) 874-9754

Website: <http://www.dhhs.saccounty.net/BHS/Pages/Alcohol-Drug-Services/Alcohol-and-Drug-Services.aspx>

### San Mateo County

Behavioral Health and Recovery Services (BHRS) offers free consultation, assessment, linkages, and referrals to a network of contracted community-based substance use treatment providers throughout the County. Call the ACCESS Call Center for assistance.

ACCESS Call Center: (800) 686-0101

TDD: (800) 943-2833

Drug and Alcohol Helpline 650-573-3950

Website: <http://www.smchealth.org/bhrs/aod>

Local 12-Step Recovery Groups

There are active 12-Step communities throughout the SF Bay area. Resources can be found online at: [http://www.samuelmerritt.edu/shac/12\\_steps](http://www.samuelmerritt.edu/shac/12_steps)

### Web Based Educational and Referral Resources:

The SMU Student Health and Counseling Center maintains a referral webpage that provides viewers information on local and online resources including 12 step programs, and [web-based information and self-help resources](#).