



Center for Student Health & Counseling
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A Guide for Alcohol and Other Drug Problems Portland State University

An Information Guide

Alcohol and other drug problems. Portland State University (PSU) and 1,100 other colleges and universities have joined together to form the Network of Colleges & Universities Committed to the Elimination of Drug & Alcohol Abuse. With them, PSU has made a commitment to prevent the use of illicit drugs and abuse of alcohol on our nation's campuses.

This brochure provides information to help you understand the types and effects of controlled substances. Also included are the legal sanctions for the unlawful possession and/or distribution of illicit drugs and alcohol. A description of resources for students and employees interested in treatment is included.

Requirements of the Drug Free Schools & Campuses Act and OAR 580-19-001 provide for the distribution of the information contained on these pages to each student and employee.

Standards of Conduct

PSU is committed to maintaining a drug-free institution. The unlawful manufacture, distribution, dispersal, possession, or use of illicit drugs by university students or employees in the workplace is prohibited. Any employee convicted of violating a criminal drug statute in the workplace must notify his or her supervisor no later than five days after such conviction. The supervisor will immediately notify the provost, in writing, of this reported conviction.

The University regulates alcohol use on campus. Members of the campus community who are under the age of 21 are prohibited from drinking alcohol on campus. To serve alcohol at a University event, approval must be obtained per University policy. Impairment in the institution due to the use of alcohol is prohibited. This policy applies to all PSU students and employees, including employed students.

Sanctions for Violations

In addition to any penalties under local, state, and federal law, employees or students found to be in violation of this policy may be subject to disciplinary sanctions consistent with applicable provisions of state laws and regulations (including the PSU Student Conduct Code, applicable collective bargaining agreements, and applicable university policies, regulations, and directives).

If imposed, sanctions will include appropriate action up to and including expulsion and/or termination of employment and referral for prosecution and may require participation in an approved drug and/or alcohol abuse assistance or rehabilitation program.

Counseling and Education Resources

Student Resources. Any student who has personal concerns about the use or abuse of alcohol is urged to contact Student Health and Counseling Services (SHAC) located at 1880 SW 6th Ave, 503-725-2800. Various forms of help from informational pamphlets and presentations to assessment, consultation and referral for treatment are available on a confidential basis.

Alcoholics Anonymous (503-223-8569 or www.pdxaa.org) offers help free of charge. The caller will be given the times and locations of daily meetings throughout the city and surrounding area. Some meetings are held on PSU campus.

Other community resources are listed under “Alcohol/Drug Abuse” in the Portland Information Guide section in the front of the local Yellow Pages. Additional listings are under “Alcoholism Treatment” and “Drug Abuse Information and Treatment.” The Oregon Alcohol and Drug Treatment line (503-244- 1312) is a 24-hour hotline that offers drug and alcohol abuse treatment information.

Employee Resources (excluding student employees). Most PSU employees (.5 or greater FTE) and their dependents are eligible for the Employee Assistance Program (EAP). Eligible employees (or their dependents) can make an appointment with the Employee Assistance Counselor (503-639-3009 or 1-800-433-2320 or <http://www.pdx.edu/hr/employee-assistanceprogram#eap>)

The meetings will take place away from work and will be confidential. If the employee initiates the contact, no information (not even the fact that the employee has seen the EAP counselor), will be related to the employer. If the contact is recommended or required by your employer, some information (for example, that you have kept the appointment) may be relayed back to the employer. The EAP counselor will discuss with you any information that will go to your employer.

The EAP counselor can also provide information, assessment, consultation, and referral for problems with alcohol and/or drugs.

Employees not eligible or not wishing to use EAP can take advantage of a number of excellent community resources. Alcoholics Anonymous (503- 223-8569 or www.pdxaa.org) and SMART Recovery (www.smartrecovery.org) can give you the times and locations of daily meetings. The Oregon Alcohol and Drug Treatment line (503-244-1312) provides 24- hour information on drug and alcohol abuse treatment resources. Other community resources are listed in the Yellow Pages under “Alcoholism Treatment” and “Drug Abuse Information and Treatment.”

Faculty Resources. Student Health and Counseling Services (SHAC) offers consultation to faculty concerned about students who may be affected by alcohol or drug use. Call 503-725-2800. Sanctions for Possession and/or Distribution

City of Portland Sanctions

The City of Portland establishes sanctions for certain alcohol violations, generally punishable by a fine of not more than \$500, or by imprisonment of not more than 6 months, or by both. No penalty shall be greater than that allowed under Oregon law. PCC 14A.20.060.

Alcohol on Public Property and Rights of Way (PCC 14A.50.010): prohibits drinking alcohol or possessing bottle, can or other receptacle that has been opened, the seal broken, or the contents partially removed upon any street, sidewalk or other public right of way.

Streetcar (PCC 14A.110.220): prohibits a person from possessing an open container of alcoholic beverage or from being under the influence of alcohol or a controlled substance on a Portland Streetcar vehicle or at a Portland Streetcar station.

Vehicle Impoundment (PCC 14B.40.010): provides that a vehicle used by a person arrested in the City for DUII may be seized and impounded.

State of Oregon Sanctions

Alcohol

MIP - Minor in Possession

No minor under 21 years of age shall attempt to purchase or be in possession of alcoholic liquor. Possession may include holding, consuming or attempting to purchase alcohol. Personal possession of alcoholic liquor includes consumption of liquor.

Fine: Up to \$1,000 (Class B Violation) ORS 471.430 (1)

Controlling an Area Where Minors are Permitted to Consume Alcohol

No person in control of property may knowingly allow minor(s) to consume alcohol or allow minor(s) to remain on the property after consuming. Private property may include a hotel room, camp site, or any rented/leased location.

Fine: 1st offense up to \$2,000 (Class A Violation), 2nd and subsequent violation is specific fine violation with presumptive fine of \$1,000 ORS 471.410 (3)

Furnishing Alcoholic Liquor to a Minor

No one shall sell, give or otherwise make available any alcoholic liquor to a person under the age of 21 years.

Penalty: Fine up to \$6,250 (or double the gain from commission of offense) and/or jail or both (Class A Misdemeanor) ORS 471.410(2)

Driving Under the Influence

A person commits the offense of driving while under the influence of intoxicants if the person drives a vehicle while the person has a blood alcohol content of 0.08 or more and/or under the influence of intoxicating liquor and/ or controlled substance.

Under state of Oregon DUII statutes, for a person under 21 years of age, any amount of alcohol in the blood constitutes being under the influence of intoxicating liquor. • Penalty: Fine up to \$6,250 and/or jail or both (Class A Misdemeanor) and subject to statute requiring minimum fine of \$1,000 for 1st offense, \$1,500 fine for 2nd offense, and \$2,000 fine for the 3rd or subsequent conviction if the person is not sentenced to a term of imprisonment. Additional penalties may include: fee to be paid on conviction, suspension of license, mandatory alcohol education, screening and treatment, mandatory imprisonment or community service, attendance at victim impact treatment session and session fee, and ignition interlock device installed on your vehicle ORS 813.010

Misrepresentation of Age by a Minor

When minors misrepresent their age, purposely are not truthful about their age to purchase alcohol, enter a lounge or evade detection by law enforcement, the minor may be fined. If DMV identification is used in misrepresentation, the minor's driving privileges may be suspended for up to one year and/or the minor will have to wait for up to one year to apply for a driver's license and the minor may be required to perform community service.

Penalty: Fine up to \$1,250 and/or jail or both (Class C Misdemeanor) ORS 165.805

False Swearing

Falsifying information knowing that what you say is untrue. Anyone purchasing a keg using a false name or any other deceitful information shall be subject to this definition.

Penalty: Fine up to \$6,250 and/or jail or both (Class A Misdemeanor) ORS 162.075 (1)

Entry of Licensed Premises by Persons Under 21

No one under 21 years of age shall enter or attempt to enter any area of a licensed premise that is posted or otherwise identified as prohibited to minors.

Fine: Up to \$1,000 (Class B Violation) ORS 471.430 (3 and 4)

Mixing, Storing or Serving Alcohol Without a License

No person who owns, operates or conducts a private or public club and who is not in possession of a license issued by the commission permitting the mixing, storing, and serving of alcoholic liquor at said premises, and no agent, servant or employee of such person, for a financial consideration by way of a charge for service, membership fee, admission fee, initiation fee, club dues, contributions or other fee or charge, shall serve or permit to be serve.

Penalty: Fine up to \$6,250 and/or jail or both (Class A Misdemeanor) ORS 471.475

Illicit drugs

In Oregon, penalties for possession and distribution are determined by the controlled Substance Schedule upon which the drug appears. Examples from the drug schedules appear below. (Note: Most drugs appear on the same federal and state schedules. On July 1, 2015, changes in Oregon law come into effect regarding marijuana; however, that substance continues to be a controlled substance under federal law. As a federally-controlled substance, the use, possession, manufacture, or distribution of marijuana in any form is prohibited on campus).

Schedule I: Heroin, LSD, Marijuana, Peyote, Mescaline, Psilocybin

Schedule II: Cocaine, Amphetamine, Methamphetamine

Schedule III: Anabolic Steroids, Buprenorphine

Schedule IV: Various prescription drugs Schedule

V: Other less dangerous prescription drugs and small amounts of certain drugs

Penalties are established in ORS 475.752 et seq. and are generally set forth below. Certain penalties are increased if unlawful act is within 1,000 feet of a school.

Marijuana (until July 1, 2015 (affected by Measure 91)

Delivery for consideration (selling, dealing, or bartering) – Class B Felony (up to 10 years imprisonment and fine up to \$250,000 or up to twice the value of any resulting gain of property or money)

Delivery not for consideration (less than 1 oz.) – Class A Misdemeanor (up to 1 year imprisonment and fine up to \$6,250 or up to twice the value of any resulting gain of property or money)

Delivery not for consideration (less than 5 gm.) – violation (specific fine violation with presumptive fine of \$650).

Unlawful Possession (less than 1 oz.) – violation (specific fine violation with presumptive fine of \$650) Unlawful Possession (more than 1 oz. but less than 4 oz.) – Class B Misdemeanor (up to 6 months imprisonment and fine up to \$2,500 or up to twice the value of any resulting gain of property or money)

Unlawful Possession (more than 4 oz.) – Class C Felony (up to 5 years imprisonment and fine up to \$125,000 or up to twice the value of any resulting gain of property or money)

Marijuana Product

Unlawful Possession (less than 1/4 oz.) – Class B Misdemeanor (up to 6 months imprisonment and fine up to \$2,500 or up to twice the value of any resulting gain of property or money)

Unlawful Possession (1.4 oz. or more) – Class C Felony (up to 5 years imprisonment and fine up to \$125,000 or up to twice the value of any resulting gain of property or money)

SCHEDULE I DRUGS

Manufacture or distribution (except marijuana) – Class A Felony (up to 20 years imprisonment and fine up to \$375,000 or up to twice the value of resulting gain of property or money)

Unlawful Possession – Class B Felony (up to 10 years imprisonment and fine up to \$250,000 or up to twice the value of resulting gain of property or money)

SCHEDULE II DRUGS

Manufacture or distribution – Class B Felony (up to 10 years imprisonment and fine up to \$250,000 or up to twice the value of any resulting gain of property or money)

Unlawful Possession – Class C Felony (up to 5 years imprisonment and fine up to \$125,000 or up to twice the value of any resulting gain of property or money)

SCHEDULE III DRUGS

Manufacture or distribution – – Class C Felony (up to 5 years imprisonment and fine up to \$125,000 or up to twice the value of any resulting gain of property or money)

Unlawful Possession – Class A Misdemeanor (up to 1 year imprisonment and fine up to \$6,250 or up to twice the value of any resulting gain of property or money)

SCHEDULE IV DRUGS

Manufacture or distribution – Class B Misdemeanor (up to 6 months imprisonment and fine up to \$2,500 or up to twice the value of any resulting gain of property or money)

Unlawful Possession – Class C Misdemeanor (up to 30 days imprisonment and fine up to \$1,250 fine or up to twice the value of any resulting gain of property or money)

SCHEDULE V DRUGS

Manufacture or distribution – Class C Misdemeanor (up to 30 days imprisonment and fine up to \$1,250 or up to twice the value of any resulting gain of property or money)

Unlawful Possession – Violation (unspecified violations are Class B violations under ORS 153.015 punishable by fine of up to \$1,000)

It is unlawful for a person to manufacture or deliver a schedule 1, 2, or 3 controlled substance within 1,000 feet of the real property comprising a public or private elementary, vocational, or secondary school attended by minors. This is a Class A Felony (up to 20 years imprisonment and fine up to \$375,000 or up to twice the value of any resulting gain of property or money).

In addition, the court may order the defendant to pay the cost of prosecution, and the defendant's vehicle used in the crime may be forfeited to the state. Finally, the defendant may forfeit any property used in the crime to the county in which the crime occurred.

Federal Sanctions

The federal system establishes sanctions for unlawful distribution, possession, manufacture, etcetera, of controlled substances, based on the schedule of the drug and the amount involved. The minimum and maximum statutory penalties are driven by the type and the quantity of the drug involved, but may be increased if the offense involved death or serious bodily injury, or if the offender has a prior conviction for a felony drug offense. The statutory sanctions are also subject to the "Sentencing Guidelines for US Courts." Imposition of the guidelines may lead to higher offense levels and, thus, more strict penalties than otherwise indicated. Attached is a chart describing the federal penalties and sanctions for illegal trafficking and possession of a controlled substance.

In addition to criminal sanctions, the consequences of unlawful or irresponsible alcohol or drug use may include, but are not limited to: 1) Restrictions on future employment opportunities. 2) The loss of Federal Financial Aid (Mandatory for Drug Offenses) 3)

Potential risks for injury, including permanent disability 4) The risk of being a victim of a crime and / or committing additional crime(s) 5) The loss of driving privileges 6) Additional sanctions on your educational record and future educational opportunities

Health Risks Associated with use or Abuse

Tobacco and Nicotine

Smokers are more likely than nonsmokers to contract heart disease. Lung, larynx, esophageal, bladder, pancreatic, and kidney cancers also strike smokers at increased rates. Thirty percent of cancer deaths are linked to smoking. Chronic obstructive lung diseases, such as emphysema and chronic bronchitis, are 10 times more likely to occur among smokers than among nonsmokers. Smoking during pregnancy also poses risks, such as spontaneous abortion, preterm birth, and low birth weights. Fetal and infant deaths are more likely to occur when the pregnant woman is a smoker. Nicotine is both psychologically and physically addictive.

Alcohol

Low doses significantly impair the judgment and coordination needed to operate vehicles. Small amounts can also lower inhibitions. Moderate to high doses cause marked impairments in higher mental functions, and loss of memory and the ability to learn and remember information. High doses cause respiratory depression and death. Long-term consumption, particularly when combined with poor nutrition, can also lead to dependence and permanent damage to vital organs such as the brain and the liver. If combined with other depressants of the central nervous system, much lower doses of alcohol will produce the effects just described. Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants have irreversible physical abnormalities and mental retardation.

Cannabis (Marijuana, Hashish, Hashish Oil, Tetrahydrocannabinol)

Physical effects of cannabis include increased heart rate, bloodshot eyes, dry mouth and throat, and increased appetite. Use of cannabis may impair or reduce short-term memory and comprehension, alter sense of time, reduce ability to perform tasks requiring concentration and coordination, and impair driving ability. Motivation and cognition may be altered, making the acquisition of new information difficult. Marijuana, hashish, THC, etc., can also produce paranoia and psychosis. Long term use may result in possible lung damage, reduced sperm count and sperm motility, and may affect ovulation cycles. Cannabis can also be psychologically addictive.

Inhalants (Nitrous Oxide, Amyl Nitrite, Butyl Nitrite, Chlorohydrocarbons, Hydrocarbons)

Immediate effects of inhalants include nausea, sneezing, coughing, nose bleeds, fatigue, lack of coordination, and loss of appetite. Solvents and aerosol sprays also decrease the heart and respiratory rates and impair judgment. Amyl and butyl nitrate cause rapid pulse, headaches, and involuntary passing of urine and feces. Long-term use may result in hepatitis of brain damage. Deeply inhaling vapors, or using large amounts over a short time, may result in disorientation, violent behavior, unconsciousness, or death. High concentrations of inhalants can cause suffocation by displacing oxygen in lungs. Long-term use can cause weight loss, fatigue, electrolyte imbalance, muscle fatigue, and permanent damage to the nervous system.

Cocaine (Crack)

Cocaine stimulates the central nervous system. Its immediate effects include dilated pupils and elevated blood pressure, heart rate, respiratory rate, and body temperature. Occasional use can cause nasal irritation; chronic use can ulcerate the mucous membrane of the nose. Crack or freebase rock is extremely addictive. 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.

Stimulants (Amphetamines, Methamphetamines, Crank, Ice)

Stimulants cause increased heart and respiratory rates, elevated blood pressure, dilated pupils, and decreased appetite. Users may experience sweating, headache, blurred vision, dizziness, sleeplessness, and anxiety. Extremely high doses can cause rapid or irregular heartbeat, tremors, loss of coordination, and physical collapse. Amphetamine injection creates a sudden increase in blood pressure that can result in stroke, very high fever, or heart failure. In addition to

physical effects, feelings of restlessness, anxiety, and moodiness can result. Use of large amounts over a long period of time can cause amphetamine psychosis that includes hallucinations, delusions, and paranoia. The use of amphetamines can cause physical and psychological dependence.

Depressants (Barbiturates, Methaqualone, Tranquilizers)

Small amounts can produce calmness and relaxed muscles, but somewhat larger doses can cause slurred speech, staggering gait, and altered perception. Large doses can cause respiratory depression, coma, and death. Combination of depressants and alcohol can multiply the effects of the drugs, thereby multiplying risks. Babies born to mothers who abuse depressant drugs during pregnancy may be physically dependent on the drugs and show withdrawal symptoms shortly after birth. Birth defects and behavioral problems may also result. The use of depressants can cause both physical and psychological dependence.

Hallucinogens (PCP, LSD, Mescaline, Peyote, Psilocybin)

Pencyclidine (PCP) interrupts the functions of the neocortex, the section of the brain that controls intellect and instinct. PCP blocks pain receptors, and users can have violent PCP episodes resulting in self-inflicted injuries. Lysergic acid diethylamide (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.

Narcotics (Heroin, Methadone, Codeine, Morphine, Meperidine, Opium)

Narcotics initially produce a feeling of euphoria that often is followed by drowsiness, nausea and vomiting. Users may experience constricted pupils, watery eyes and itching. Overdoses may produce respiratory depression, clammy skin, convulsions, coma and death. Addiction in pregnant women can lead to premature, stillborn, or addicted infants who experience severe withdrawal symptoms. Use of narcotics can cause physical and psychological dependence.

Designer Drugs (Analog of Fentanyl, Analog of Meperidine, MDMA, Ecstasy, Analog of PCP)

Many “designer drugs” are related to amphetamines and depressants and have mild stimulant and depressant properties. Use can produce severe neurochemical damage to the brain. Narcotic analogs can cause symptoms such as those seen in Parkinson’s disease: uncontrollable tremors, drooling, impaired speech, paralysis, and irreversible brain damage. Analog of amphetamines and methamphetamines cause nausea, blurred vision, chills or sweating, and faintness. Psychological effects include anxiety, depression, and paranoia. Analog of PCP cause illusions, hallucinations, and impaired perception.

Anabolic Steroids

Steroid users subject themselves to more than 70 side effects, ranging in severity from acne to liver cancer, including psychological as well as physical reactions. The liver and cardio-vascular and reproductive systems are most seriously affected by 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.

References

U.S. Dept. of Education (1989). What Works: Schools Without Drugs. (Rockville, MD: National Clearinghouse for Alcohol and Drug Information, 1989), pp 61-72.

National Institute on Drug Abuse, NIDA Capsules. (Rockville, MD: Press Office of the National Institute on Drug Abuse, 1986).

Resources for Drug and Alcohol Problems

Student Health and Counseling Services
503-725- 2800

Employee Assistance Program
800-433-2320

Oregon Alcohol & Drug Helpline
503-244-1312

Help for people with substance use problems:

Alcoholics Anonymous
503-223-8569 and www.pdxaa.org

Cocaine Anonymous
503-256-1666 and www.caorwa.org

Crystal Meth Anonymous
www.crystalmeth.org

Marijuana Anonymous
www.marijuana-anonymous.org

Narcotics Anonymous
www.portlandna.org

Smart Recovery
www.smartrecovery.org

Help for people who are in relationship with a substance abuser or grew up in a dysfunctional home:

Adult Children of Alcoholics Anonymous
www.adultchildren.org

Al-Anon
503-292-1333 and www.al-anonportlandoregon.org

Codependents Anonymous 503-285-8891 and www.codependents.org