

California State University **Northridge**

DRUG-FREE CAMPUS POLICY INFORMATION FOR STUDENTS Alcohol and Other Drugs Penalties Where to Get Help

In accordance with its mission of enabling students to achieve their educational goals, California State University, Northridge is committed to creating a campus environment that is free from both the illegal and the harmful use of alcohol and other drugs.

Except as permitted by the California State University, Northridge Use of Alcohol and Illicit Drugs Policy, the manufacture, possession, distribution, sale or use of alcohol, illicit drugs or drug related paraphernalia, and the misuse of legal pharmaceutical drugs on-campus, or off-campus while on University business or participating in University sponsored functions, is prohibited. Drugs and drug-related paraphernalia may be possessed or used as permitted by state and federal law AND campus policy, or when lawfully permitted for the purpose of research or instruction.

The purpose of the Use of Alcohol and Illicit Drugs Policy is to delineate university regulations concerning alcohol and other drugs, provide procedural guidelines, communicate the consequences of failing to adhere to established policies, and provide guidance as to available resources. Complete text of the policy and procedural guidelines can be viewed at:

[Use of Alcohol and Illicit Drugs Policy](#)

This policy is a significant component of the University's overall compliance with the Drug-Free Schools and Campuses regulations, which implement the Drug-Free Schools and Communities Act of 1989. The University respects the rights of individuals within the University under circumstances authorized by this policy. Members of the campus community, particularly students, who elect not to use alcoholic beverages, or not to include alcohol as part of sponsored events and activities, will be fully supported in that choice. The use of alcohol or other drugs in a manner that undermines a campus climate of civility, collegiality, reasoned debate, and adherence to the policies contained herein is not consistent with the values of California State University, Northridge and will not be tolerated.

Scroll down for more information

Risks and Effects Associated with Alcohol and Other Drug Misuse and Dependence

Category	Some Potential Effects
Alcohol	<ul style="list-style-type: none"> • Short-term side effects can include slurred speech, reduced inhibitions, motor impairment, confusion, drowsiness, emotional changes, sleep disruption, memory problems, concentration problems, reduced reaction time • Symptoms of alcohol poisoning include nausea and vomiting, loss of bladder and bowel control, blackouts (acute memory impairment), mental confusion, temporary loss of consciousness (with snoring/gasping for air), erratic breathing, hypothermia, paleness/blueness of skin, coma, death • Long-term effects can include disruption of brain development, brain cell death, liver damage/cirrhosis of the liver, stomach and intestinal ulcers, increases in blood pressure, and other complications • Withdrawal symptoms can include shaky hands, sweating, anxiety, nausea/vomiting, headache, insomnia, disorientation*, hallucinations*, seizures*, coma/death* (*in more chronic cases) • Please see “Hazards of Combinations” Category for dangerous combinations involving alcohol
<p style="text-align: center;">Illicit Stimulants</p> <p>Amphetamine (Speed) Cocaine Methamphetamine (“Crystal Meth”) & more</p>	<ul style="list-style-type: none"> • Short-term side effects can include increased heart rate, breathing, blood pressure, body temperature, decreased appetite, shakiness, cramping, anxiety, panic attacks, agitation/aggression/violence, visual and auditory hallucinations, and paranoia • Single high doses of cocaine or methamphetamine can lead to seizures, sudden cardiac death, stroke, and death • Symptoms of overdose include intense chest pain, extremely shallow, slowed, or stoppage of breathing, hyperthermia (intense fever), seizures, and unresponsiveness • Long-term effects can include irregular heartbeat, reduced appetite, tremors, loss of coordination, delirium, panic, paranoia, insomnia, aggression, brain damage, liver damage, chest pain, respiratory failure, nausea, seizures, and strokes • When injected, there is an increased risk of infection (HIV and Hepatitis) • Many methamphetamine users experience "crank sores" or skin wounds (picking at imaginary bugs crawling on skin - leads to scabs and infections) • Withdrawal symptoms include depression, anxiety, irritability, paranoia, and violent outbursts

<p>Alcohol</p>	<ul style="list-style-type: none"> • Short-term side effects can include slurred speech, reduced inhibitions, motor impairment, confusion, drowsiness, emotional changes, sleep disruption, memory problems, concentration problems, reduced reaction time • Symptoms of alcohol poisoning include nausea and vomiting, loss of bladder and bowel control, blackouts (acute memory impairment), mental confusion, temporary loss of consciousness (with snoring/gasping for air), erratic breathing, hypothermia, paleness/blueness of skin, coma, death • Long-term effects can include disruption of brain development, brain cell death, liver damage/cirrhosis of the liver, stomach and intestinal ulcers, increases in blood pressure, and other complications • Withdrawal symptoms can include shaky hands, sweating, anxiety, nausea/vomiting, headache, insomnia, disorientation*, hallucinations*, seizures*, coma/death* (*in more chronic cases) • Please see “Hazards of Combinations” Category for dangerous combinations involving alcohol
	<ul style="list-style-type: none"> • Combining cocaine and alcohol forms a third substance by the liver called Cocaethylene which intensifies the effects of both drugs and increases risk of sudden death
<p>Prescription Stimulants</p> <p>Adderall Ritalin & more</p>	<p>**Below info applies to when misused**</p> <ul style="list-style-type: none"> • Short-term side effects can include nervousness, restlessness, difficulty falling or staying asleep, mood swings, agitation, hand tremors, headache, dry mouth, loss of appetite, fast or pounding heartbeat, motor tics, psychosis, hives • Signs of overdose include intense chest pain, extremely shallow, slowed, or stoppage of breathing, hyperthermia (intense fever), seizures, and unresponsiveness • Long-term side effects can include damage to brain, blood vessels, liver, and kidneys, infectious diseases (if injected), damage to nose tissue (if snorted), malnutrition, disorientation, confusion, depression, paranoia, aggression, and seizures • Withdrawal symptoms include fatigue, depression, agitation, and sleep disturbance • Combined with alcohol, the depressant effects of alcohol may be blocked, resulting in consumption of potentially dangerous amounts of alcohol

<p>Alcohol</p>	<ul style="list-style-type: none"> • Short-term side effects can include slurred speech, reduced inhibitions, motor impairment, confusion, drowsiness, emotional changes, sleep disruption, memory problems, concentration problems, reduced reaction time • Symptoms of alcohol poisoning include nausea and vomiting, loss of bladder and bowel control, blackouts (acute memory impairment), mental confusion, temporary loss of consciousness (with snoring/gasping for air), erratic breathing, hypothermia, paleness/blueness of skin, coma, death • Long-term effects can include disruption of brain development, brain cell death, liver damage/cirrhosis of the liver, stomach and intestinal ulcers, increases in blood pressure, and other complications • Withdrawal symptoms can include shaky hands, sweating, anxiety, nausea/vomiting, headache, insomnia, disorientation*, hallucinations*, seizures*, coma/death* (*in more chronic cases) • Please see “Hazards of Combinations” Category for dangerous combinations involving alcohol
<p>Cannabis</p> <p>Marijuana Hashish THC oils and extracts Edibles</p>	<ul style="list-style-type: none"> • Short-term side effects can include slowed thinking/reaction time, confusion, emotional distress, impaired balance, impaired learning and memory, lack of coordination, etc. • Long-term effects can include cough, respiratory infections, impaired memory and learning, increased heart rate, anxiety, panic attacks, difficulty sleeping • Withdrawal symptoms include irritability, anxiety, decreased appetite, restlessness, sleep difficulty, and craving • Methods of consumption involving THC-extraction (high concentration of psychoactive ingredient in cannabis) have both increase desired and risky effects (e.g., edibles, oils, hash, dabs, etc.)
<p>Heroin</p>	<ul style="list-style-type: none"> • Short-term side effects can include shallow breathing, dry mouth, flushing of skin, heaviness of extremities, and clouded mental functioning, constipation, spontaneous abortion (for women), and gastrointestinal distress • Signs of overdose include suppression of breathing, lack of oxygen to the brain, coma, brain damage, and death • Long-term effects can include tolerance and dependence, liver or kidney disease and, if using a needle, abscesses, infectious diseases (HIV, hepatitis, etc.), collapsed veins, and infection of heart lining and valves • Withdrawal symptoms include restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, and cold flashes

<p>Alcohol</p>	<ul style="list-style-type: none"> • Short-term side effects can include slurred speech, reduced inhibitions, motor impairment, confusion, drowsiness, emotional changes, sleep disruption, memory problems, concentration problems, reduced reaction time • Symptoms of alcohol poisoning include nausea and vomiting, loss of bladder and bowel control, blackouts (acute memory impairment), mental confusion, temporary loss of consciousness (with snoring/gasping for air), erratic breathing, hypothermia, paleness/blueness of skin, coma, death • Long-term effects can include disruption of brain development, brain cell death, liver damage/cirrhosis of the liver, stomach and intestinal ulcers, increases in blood pressure, and other complications • Withdrawal symptoms can include shaky hands, sweating, anxiety, nausea/vomiting, headache, insomnia, disorientation*, hallucinations*, seizures*, coma/death* (*in more chronic cases) • Please see “Hazards of Combinations” Category for dangerous combinations involving alcohol
	<ul style="list-style-type: none"> • Combined with alcohol or over-the-counter medications increases risk of overdose, convulsions, coma, and death
<p>Prescription Opiate Painkillers</p> <p>Codeine Fentanyl Heroin Hydrocodone (Vicodin) Methadone Morphine Oxycodone (OxyContin) Percocet & more</p>	<p>**Below info applies to when misused**</p> <ul style="list-style-type: none"> • Prescription narcotic, opiate pain relievers that can be addictive • Create a euphoric high similar to heroin • Dependence can develop after only a few days of use • Short-term physiological side effects can include constipation, nausea, headache, irregular breathing, dry mouth, vomiting, sweating, drowsiness, mental clouding, fatigue, anxiety, fear, and other mood changes • Overdose symptoms include slow breathing, slow heart-rate, extreme drowsiness, small pupils, confusion, dizziness, clammy skin, seizures, loss of consciousness/fainting, muscle weakness, shallow breathing, blue lips, coma, and death • Long-term effects can include muscle breakdown, kidney failure, cardiovascular problems, increased heart rate, and blood pressure, body temperature, and depression • Long-term usage from injection can cause cardiovascular damage, scarred/collapsed veins, risks of infections (HIV, hepatitis, etc.) • Withdrawal symptoms include restlessness, muscle & bone pain, insomnia, diarrhea, vomiting, irritability, emotional distress, skin over-sensitivity

<p>Alcohol</p>	<ul style="list-style-type: none"> • Short-term side effects can include slurred speech, reduced inhibitions, motor impairment, confusion, drowsiness, emotional changes, sleep disruption, memory problems, concentration problems, reduced reaction time • Symptoms of alcohol poisoning include nausea and vomiting, loss of bladder and bowel control, blackouts (acute memory impairment), mental confusion, temporary loss of consciousness (with snoring/gasping for air), erratic breathing, hypothermia, paleness/blueness of skin, coma, death • Long-term effects can include disruption of brain development, brain cell death, liver damage/cirrhosis of the liver, stomach and intestinal ulcers, increases in blood pressure, and other complications • Withdrawal symptoms can include shaky hands, sweating, anxiety, nausea/vomiting, headache, insomnia, disorientation*, hallucinations*, seizures*, coma/death* (*in more chronic cases) • Please see “Hazards of Combinations” Category for dangerous combinations involving alcohol
	<ul style="list-style-type: none"> • Combined with alcohol or over the counter meds increases risk of overdose, convulsions, coma, and death
<p>MDMA 3, 4-methylenedioxy-methamphetamine</p> <p>“Ecstasy” “Molly”</p>	<ul style="list-style-type: none"> • Short-term side effects can include muscle tension, involuntary teeth clenching, jaw pain, nausea, blurred vision, rapid eye movements, dizziness, chills, sweating, confusion, depression, anxiety, panic attacks, paranoia, psychotic episodes, and sleep problems • Overdose symptoms include high blood pressure, increased body temperature, faintness, panic attacks, loss of consciousness, kidney failure, seizures, coma, and death • Long-term effects can include muscle breakdown, kidney failure, cardiovascular problems, increased heart rate, blood pressure and body temperature, and depression • Withdrawal symptoms include fatigue, loss of appetite, depression, and trouble concentrating • Combined with alcohol may cause nausea, vomiting, coma, and death (particularly in active, hot environments). Also dangerous when combined with certain anti-depressants (MAO inhibitors)
<p>Sedative-Hypnotics & Benzodiazepines</p> <p>Xanax Valium Rohypnol (“roofies”) GHB</p>	<ul style="list-style-type: none"> • Short-term side effects can include light-headedness, vertigo, drowsiness, slurred speech, muscle incoordination, impaired learning and memory (from a couple hours to more than a day), anxiety, nightmares, and aggression • Overdose symptoms include shallow or stopped breathing, blurred vision, slurred speech, loss of reflexes such as

<p>Alcohol</p>	<ul style="list-style-type: none"> • Short-term side effects can include slurred speech, reduced inhibitions, motor impairment, confusion, drowsiness, emotional changes, sleep disruption, memory problems, concentration problems, reduced reaction time • Symptoms of alcohol poisoning include nausea and vomiting, loss of bladder and bowel control, blackouts (acute memory impairment), mental confusion, temporary loss of consciousness (with snoring/gasping for air), erratic breathing, hypothermia, paleness/blueness of skin, coma, death • Long-term effects can include disruption of brain development, brain cell death, liver damage/cirrhosis of the liver, stomach and intestinal ulcers, increases in blood pressure, and other complications • Withdrawal symptoms can include shaky hands, sweating, anxiety, nausea/vomiting, headache, insomnia, disorientation*, hallucinations*, seizures*, coma/death* (*in more chronic cases) • Please see “Hazards of Combinations” Category for dangerous combinations involving alcohol
<p>Ketamine Ambien & more</p>	<p>blinking, gagging and reacting to painful stimulus, unresponsiveness, and death</p> <ul style="list-style-type: none"> • Long-term side effects can include mental deficits, delirium, memory impairment, depression, psychotic experiences, aggressive and impulsive behaviors • Withdrawal symptoms include sleep disturbance, anxiety, tension, panic attacks, tremors, sweating, difficulty concentrating, nausea, weight loss, headache, auditory and/or visual hallucinations, and can lead to seizures, even death (Medical supervision is needed!!) • Combined with other depressants (e.g., alcohol, opiates, benzodiazepines, etc.), can slow down the respiratory system to dangerous levels, increasing risk for convulsions, coma, or death
<p>Hallucinogens</p> <p>LSD/Acid Mushrooms/Psilocybin PCP Ketamine Salvia</p>	<ul style="list-style-type: none"> • Short-term side effects can include anxiety and/or panic symptoms, fear of going insane, suicidal/homicidal ideation, flashbacks, and increased blood pressure, heart rate, and body temperature • Overdose symptoms are rare and poorly understood. More dangerous than overdose symptoms are individuals acting on irrational thoughts experienced when under the influence • Long-term effects can include changes in brain chemistry, depression, other mood shifts, and symptoms of schizophrenia (known as <i>hallucinogen persisting perception</i>

<p>Alcohol</p>	<ul style="list-style-type: none"> • Short-term side effects can include slurred speech, reduced inhibitions, motor impairment, confusion, drowsiness, emotional changes, sleep disruption, memory problems, concentration problems, reduced reaction time • Symptoms of alcohol poisoning include nausea and vomiting, loss of bladder and bowel control, blackouts (acute memory impairment), mental confusion, temporary loss of consciousness (with snoring/gasping for air), erratic breathing, hypothermia, paleness/blueness of skin, coma, death • Long-term effects can include disruption of brain development, brain cell death, liver damage/cirrhosis of the liver, stomach and intestinal ulcers, increases in blood pressure, and other complications • Withdrawal symptoms can include shaky hands, sweating, anxiety, nausea/vomiting, headache, insomnia, disorientation*, hallucinations*, seizures*, coma/death* (*in more chronic cases) • Please see “Hazards of Combinations” Category for dangerous combinations involving alcohol
	<p><i>disorder</i>), though psychotic symptoms can occur following minimal use as well</p> <ul style="list-style-type: none"> • Withdrawal symptoms are rare and poorly understood • Combined with alcohol may intensify negative experiences (also known as, “bad trips”) and leave the user intoxicated and experiencing perceptual distortions, which can lead to very dangerous behavior
<p>Inhalants</p> <p>Nitrous oxide/whippets Aerosol propellants Nitrates Solvent glue & more</p>	<ul style="list-style-type: none"> • Short-term side effects can include drowsiness, loss of consciousness, headaches, asphyxiation, seizures, coma, and death • Overdose symptoms can include seizures, slurred speech, balance difficulties, blue lips, tremors, coma, vomiting, and choking • Long-term effects can include muscle weakness; disorientation; lack of coordination; mood fluctuations; brain, heart, liver, kidneys, and lung damage; memory impairment, vision loss, and hearing loss. Use while engaging in sexual activities can also lead to unsafe sexual practices, thus risking transmission of HIV and other sexually transmitted infections • Withdrawal symptoms can include nausea, loss of appetite, sweating, tics, sleep difficulties, and mood changes • Combined with alcohol, they can dangerously lower blood pressure
<p>Hazards of Combinations</p>	<ul style="list-style-type: none"> • Alcohol (which is a depressant) + Other Depressants (heroin, OxyContin, Vicodin, Xanax, Valium, etc.) - heart

<p>Alcohol</p>	<ul style="list-style-type: none"> • Short-term side effects can include slurred speech, reduced inhibitions, motor impairment, confusion, drowsiness, emotional changes, sleep disruption, memory problems, concentration problems, reduced reaction time • Symptoms of alcohol poisoning include nausea and vomiting, loss of bladder and bowel control, blackouts (acute memory impairment), mental confusion, temporary loss of consciousness (with snoring/gasping for air), erratic breathing, hypothermia, paleness/blueness of skin, coma, death • Long-term effects can include disruption of brain development, brain cell death, liver damage/cirrhosis of the liver, stomach and intestinal ulcers, increases in blood pressure, and other complications • Withdrawal symptoms can include shaky hands, sweating, anxiety, nausea/vomiting, headache, insomnia, disorientation*, hallucinations*, seizures*, coma/death* (*in more chronic cases) • Please see “Hazards of Combinations” Category for dangerous combinations involving alcohol
	<p>rate and respiration slows down, increased risk of coma, convulsions, and death</p> <ul style="list-style-type: none"> • Alcohol + Stimulants - can lead to nausea, vomiting, loss of consciousness, coma, and death • Alcohol + Antihistamines - intensifies the sedative effects of the drugs • Alcohol + Antidepressants - may lead to blood pressure problems, increases sedative effects of the antidepressant, and increases negative effect of alcohol on the liver. Using alcohol with certain anti-depressants (MAO inhibitors) can cause potentially fatal sudden increases in blood pressure, known as hypertensive crisis

Adapted from “Commonly Abused Drugs” & “Commonly Abused Prescription Drugs”, NIDA, <https://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs-charts>

Information also taken from: Kuhn, C., Swartzwelder, S., & Wilson, W. (2014). *Buzzed: The straight facts about the most used and abused drugs from alcohol to ecstasy*. New York, NY: WW Norton.

Definitions

“The term ‘alcoholic beverage’ includes: alcohol, spirits, liquor, wine, beer, and every liquid or solid containing alcohol, spirits, wine, or beer and which contains one-half of one percent or more of alcohol by volume and which is fit for beverage purposes either alone or when diluted, mixed or combined with other substances” (Business and Professions Code, Sections 23004).

The term “illicit drug” includes any controlled substance formerly classified as a dangerous drug, restricted drug, or narcotic as those terms are used in California Statutes, and all

substances regulated under state law through the federal Uniform Controlled Substances Act, including but not limited to marijuana, cocaine derivatives, heroin, “crack,” amphetamines, barbiturates, LSD, PCP, and substances typically known as “designer drugs” such as “ecstasy” and “molly.”

Penalties

This section provides information regarding sanctions for violation of local, state, and federal alcohol and other drug related laws.

California Law*

California law defines penalties that apply to anyone convicted of the manufacture, distribution, dispensation, possession or use of controlled substances.

Misdemeanor convictions for workplace and campus drug violations can result in a fine of more than \$2000, community service, and incarceration of up to one year.

Felony convictions for workplace and campus drug use can result in substantial fines and a lengthy sentence in state prison. Most drug possession convictions are defined as felony acts. Possession for sale or purchase for purposes of sale, importation, transportation and illegal administration/transfer can result in a state prison sentence of three to five years.

Violation of campus regulations subjects students to disciplinary actions and sanctions which may include expulsion, suspension, probation, withdrawal of financial aid or lesser sanctions.

Violation of the University policy or conviction of a drug offense by faculty or staff while on campus or while off campus when in work status shall be grounds for appropriate disciplinary actions up to and including dismissal.

*California Health and Safety Code - Division 10. UNIFORM CONTROLLED SUBSTANCES ACT [11000 - 11651] – Chapter 6 Offenses and Penalties
(<https://leginfo.legislature.ca.gov/faces/codesTOCSelected.xhtml?tocCode=HSC>)

Local and Federal Law

Proposed legal sanctions for alcohol and other drug violations are decided by the court and filing district or city attorney. They range from fines, incarceration in the county jail (misdemeanors) or in federal/state prison systems (felonies), community service, rehabilitation, restitution to victim(s) or anyone else who may claim a loss as a result of the criminal act, and probation and parole restrictions/requirements.

Information on federal trafficking liability can be found on the U.S. Drug Enforcement Administration website: <http://www.justice.gov/dea/druginfo/ftp3.shtml>

Where to Get Help

Campus Resources

University Counseling Services	(818) 677-2366
Steve Silver, Psy.D./Substance Abuse Counselor	(818) 677-2366

Klotz Student Health Center
Vice President, Student Affairs

(818) 677-3666
(818) 677-2391

Community Support Programs

The following 12-step programs provide support for addiction recovery.

AL-ANON	(818) 760-7122	http://www.al-anon.alateen.org
Alcoholics Anonymous	(818) 988-3001	www.aa.org
Cocaine Anonymous	(818) 760-8402	www.ca.org
Marijuana Anonymous	(800) 766-6779	www.marijuana-anonymous.org
Narcotics Anonymous	(818) 773-9999	www.na.org

Community Treatment Programs

Resources for treatment centers include:

Los Angeles County Department of Health Services
<http://publichealth.lacounty.gov/sapc/>

2-1-1 L.A. County
Dial 211 for referrals to treatment centers in Los Angeles County.

Cri-Help (fee for service)
(818) 985-8323 www.cri-help.org

Matrix Institute on Addictions (fee for service)
(800) 310-7700 <http://www.matrixinstitute.org>

Tarzana Treatment Centers (fee for service)
(818) 996-1051 www.tarzanatc.org

(Rev. 09/22/17)