DRUG-FREE CAMPUS POLICY INFORMATION FOR STUDENTS

Health Risks
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 illicit and harmful use of alcohol and other drugs.

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.

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. The policy is excerpted below.

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.

Complete text of the policy and procedural guidelines can be viewed at:

Use of Alcohol and Illicit Drugs Policy
Potential Health Risks and Effects
Associated with Alcohol and Other Drugs Use

Alcohol

• **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

• **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

• **Overdose** symptoms (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

• **Risk of physical dependence:** Low to high

• **Risk of psychological dependence:** Moderate to high

• **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

Illicit Stimulants

Amphetamine (Speed), Cocaine, Methamphetamine (“Crystal Meth”) & more

• **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
  
  o When injected, there is an increased risk of infection (HIV and Hepatitis)
  
  o Many methamphetamine users experience "crank sores" or skin wounds (picking at imaginary bugs crawling on skin -leads to scabs and infections)

• **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

• **Overdose** symptoms often include intense chest pain, extremely shallow, slowed, or stoppage of breathing, hyperthermia (intense fever), seizures, and unresponsiveness

• **Risk of physical dependence:** Possible, but rare

• **Risk of psychological dependence:** Low (oral); High (snorted, injected, or smoked)

• **Withdrawal** symptoms include depression, anxiety, irritability, paranoia, and violent outbursts
• **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. Single high doses of cocaine or methamphetamine can lead to seizures, sudden cardiac death, stroke, and death.

**Prescription Stimulants**
Adderall, Ritalin & more

• **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
  - Risks increase when taken in a way or dose other than prescribed.

• **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

• **Overdose** symptoms include intense chest pain, extremely shallow, slowed, or stoppage of breathing, hyperthermia (intense fever), seizures, and unresponsiveness

• **Risk of physical dependence:** Possible, but rare

• **Risk of psychological dependence:** Low (oral); High (snorted, injected, or smoked)

• **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

**Cannabis**
Marijuana, Hashish, THC oils and extracts, Edibles

Methods of consumption involving THC-extraction (high concentration of psychoactive ingredient in cannabis) have both increased desired and risky effects (e.g., edibles, oils, hash, dabs, etc.)

• **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** side effects can include cough, respiratory infections, impaired memory and learning, increased heart rate, anxiety, panic attacks, difficulty sleeping

• **Risk of physical dependence:** Low

• **Risk of psychological dependence:** Moderate

• **Withdrawal** symptoms include irritability, anxiety, decreased appetite, restlessness, sleep difficulty, and craving

**Heroin**

• **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
• 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

• Overdose symptoms include suppression of breathing, lack of oxygen to the brain, coma, brain damage, and death

• Risk of physical dependence: High

• Risk of psychological dependence: Very high

• Withdrawal symptoms include restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, and cold flashes

• Combined with alcohol or over-the-counter medications increases risk of overdose, convulsions, coma, and death

Prescription Opiate Painkillers
Codeine, Fentanyl, Hydrocodone (Vicodin), Methadone, Morphine, Oxycodone (OxyContin), Percocet & more

Prescription narcotic, opiate pain relievers that can be addictive. Create a euphoric high similar to heroin. Prescription opioid use, even when used as prescribed by a doctor can lead to a substance use disorder

• 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
  o Risks increase when taken in a way or dose other than prescribed.

• Long-term effects can include muscle breakdown; kidney failure; cardiovascular problems; increased heart rate, blood pressure, and body temperature; and depression
  o Long-term usage from injection can cause cardiovascular damage, scarred/collapsed veins, risks of infections (HIV, hepatitis, etc.)

• 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

• Risk of physical dependence: Varies, but many carry high risk

• Risk of psychological dependence: Varies, but many carry high risk

• Withdrawal symptoms include restlessness, muscle & bone pain, insomnia, diarrhea, vomiting, irritability, emotional distress, skin over-sensitivity

• Combined with alcohol or over the counter meds increases risk of overdose, convulsions, coma, and death

MDMA
(3, 4-methylenedioxy-methamphetamine), “Ecstasy”, “Molly”
• **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

• **Long-term** effects can include muscle breakdown, kidney failure, cardiovascular problems; increased heart rate, blood pressure, and body temperature; and depression

• **Overdose** symptoms include high blood pressure, increased body temperature, faintness, panic attacks, loss of consciousness, kidney failure, seizures, coma, and death

• **Risk of physical dependence**: Unknown

• **Risk of psychological dependence**: Unknown

• **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)

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**Sedative-Hypnotics & Benzodiazepines**
Xanax, Valium, Rohypnol (“Roofies”), GHB, Ketamine, Ambien & more

Risks increase when taken in a way or dose other than prescribed.

• **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

• **Long-term** side effects can include mental deficits, delirium, memory impairment, depression, psychotic experiences, aggressive and impulsive behaviors

• **Overdose** symptoms include shallow or stopped breathing, blurred vision, slurred speech, loss of reflexes such as blinking, gagging and reacting to painful stimulus, unresponsiveness, and death

• **Risk of physical dependence**: Low to moderate (benzodiazepines); Moderate to high (sedatives); Low (hypnotics)

• **Risk of psychological dependence**: Moderate to high (benzodiazepines); Moderate to high (sedatives); Low (hypnotics)

• **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

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**Hallucinogens**
LSD/Acid, Mushrooms/Psilocybin, PCP, Ketamine, Salvia
• **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

• **Long-term** effects can include changes in brain chemistry, depression, other mood shifts, and symptoms of schizophrenia (known as *hallucinogen persisting perception disorder*), though psychotic symptoms can occur following minimal use as well

• **Overdose** symptoms are rare and poorly understood. More dangerous than overdose symptoms are individuals acting on irrational thoughts experienced when under the influence

• **Risk of physical dependence:** None

• **Risk of psychological dependence:** Low

• **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

### Inhalants
Nitrous oxide/whippets, Aerosol propellants, Nitrates, Solvent glue & more

• **Short-term** side effects can include drowsiness, loss of consciousness, headaches, asphyxiation, seizures, coma, and death
  - Higher risk of death from first time use

• **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

• **Overdose** symptoms can include seizures, slurred speech, balance difficulties, blue lips, tremors, coma, vomiting, and choking

• **Risk of physical dependence:** Varies

• **Risk of psychological dependence:** Varies

• **Withdrawal** symptoms can include nausea, loss of appetite, sweating, tics, sleep difficulties, and mood changes

• Combined with alcohol, they can dangerously lower blood pressure

### Hazards of Combinations

• **Alcohol** (which is a depressant) + Other Depressants (heroin, OxyContin, Vicodin, Xanax, Valium, etc.) - heart rate and respiration slows down, increased risk of coma, convulsions, and death

• **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
Penalties
This section provides information regarding sanctions for violation of campus policies as well as local, state, and federal alcohol and other drug related laws.

Campus Sanctions
In addition to legal sanctions, students who violate University policies on alcohol and drugs are in violation of the Student Conduct Code, Title 5, California Code of Regulations, § 41301 Standards for Student Conduct and may be subject to discipline pursuant to Executive Order 1098. While a minor first infraction may result in a warning, subsequent infractions will result in substantial sanctions up to and including expulsion.

Local 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.

California Law*
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.
*California Health and Safety Code - Division 10. UNIFORM CONTROLLED SUBSTANCES ACT [11000 - 11651] – Chapter 6 Offenses and Penalties

DIVISION 10. UNIFORM CONTROLLED SUBSTANCES ACT 11000-11651
CHAPTER 1. General Provisions and Definitions 11000-11033
CHAPTER 2. Standards and Schedules 11053-11058
CHAPTER 6. Offenses and Penalties 11350-11392
ARTICLE 1. Offenses Involving Controlled Substances Formerly Classified as Narcotics 11350-11356.5
ARTICLE 2. Cannabis 11357-11362.9
ARTICLE 2.5. Medical Marijuana Program 11362.7-11362.85
ARTICLE 3. Peyote 11363
ARTICLE 4. Miscellaneous Offenses and Provisions 11364-11376.5
ARTICLE 5. Offenses Involving Controlled Substances Formerly Classified as Restricted Dangerous Drugs 11377-11382.5
ARTICLE 6. Precursors of Phencyclidine (PCP) and Methamphetamine 11383-11384
ARTICLE 7. Mushrooms 11390-11392
CHAPTER 6.5. Analogs 11400-11401
Federal Trafficking Penalties

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| Cocaine (Schedule II) | 500–4999 grams mixture   | **First Offense:** Not less than 5 yrs. and not more than 40 yrs. If death or serious injury, not less than 20 or more than life. Fine of not more than $5 million if an individual, $25 million if not an individual.  
**Second Offense:** Not less than 10 yrs., and not more than life. If death or serious injury, life imprisonment. Fine of not more than $8 million if an individual, $50 million if not an individual. | 5 kg or more mixture | **First Offense:** Not less than 10 yrs. and not more than life. If death or serious injury, not less than 20 or more than life. Fine of not more than $10 million if an individual, $50 million if not an individual.  
**Second Offense:** Not less than 20 yrs. and not more than life. If death or serious injury, life imprisonment. Fine of not more than $20 million if an individual, $75 million if not an individual.  
**2 or More Prior Offenses:** Life imprisonment. Fine of not more than $20 million if an individual, $75 million if not an individual. |
| Cocaine Base (Schedule II) | 28–279 grams mixture | same as above                                      | 280 grams or more mixture | same as above                                      |
| Fentanyl (Schedule II) | 40–399 grams mixture     | same as above                                      | 400 grams or more mixture | same as above                                      |
| Fentanyl Analogue (Schedule I) | 10–99 grams mixture    | same as above                                      | 100 grams or more mixture | same as above                                      |
| Heroin (Schedule I)   | 100–999 grams mixture    | same as above                                      | 1 kg or more mixture      | same as above                                      |
| LSD (Schedule I)      | 1–9 grams mixture        | same as above                                      | 10 grams or more mixture  | same as above                                      |
| Methamphetamine (Schedule II) | 5–49 grams pure or 50–499 grams mixture | same as above                                      | 50 grams or more pure or 500 grams or more mixture | same as above                                      |
| PCP (Schedule II)     | 10–99 grams pure or 100–999 grams mixture | same as above                                      | 100 gm or more pure or 1 kg or more mixture | same as above                                      |
## PENALTIES

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| Other Schedule I & II drugs (and any drug product containing Gamma Hydroxybutyric Acid) | Any amount              | **First Offense:** Not more than 20 yrs. If death or serious injury, not less than 20 yrs. or more than life. Fine $1 million if an individual, $5 million if not an individual.  
**Second Offense:** Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine $2 million if an individual, $10 million if not an individual. |
| Flunitrazepam (Schedule IV)                                                  | 1 gram                  | **First Offense:** Not more than 20 yrs. If death or serious injury, not less than 20 yrs. or more than life. Fine $1 million if an individual, $5 million if not an individual.  
**Second Offense:** Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine $2 million if an individual, $10 million if not an individual. |
| Other Schedule III drugs                                                     | Any amount              | **First Offense:** Not more than 10 years. If death or serious injury, not more than 15 yrs. Fine not more than $500,000 if an individual, $2.5 million if not an individual.  
**Second Offense:** Not more than 20 yrs. If death or serious injury, not more than 30 yrs. Fine not more than $1 million if an individual, $5 million if not an individual. |
| All other Schedule IV drugs                                                  | Any amount              | **First Offense:** Not more than 5 yrs. Fine not more than $250,000 if an individual, $1 million if not an individual.  
**Second Offense:** Not more than 10 yrs. Fine not more than $500,000 if an individual, $2 million if other than an individual. |
| Flunitrazepam (Schedule IV)                                                  | Other than 1 gram or more | **First Offense:** Not more than 5 yrs. Fine not more than $250,000 if an individual, $1 million if not an individual.  
**Second Offense:** Not more than 10 yrs. Fine not more than $500,000 if an individual, $2 million if other than an individual. |
| All Schedule V drugs                                                         | Any amount              | **First Offense:** Not more than 1 yr. Fine not more than $100,000 if an individual, $250,000 if not an individual.  
**Second Offense:** Not more than 4 yrs. Fine not more than $200,000 if an individual, $500,000 if not an individual. |
### FEDERAL TRAFFICKING PENALTIES - MARIJUANA

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<th>2nd OFFENSE*</th>
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<tr>
<td>Marijuana (Schedule I)</td>
<td>1,000 kg or more marijuana mixture; or 1,000 or more marijuana plants</td>
<td>Not less than 10 yrs. or more than life. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than $10 million if an individual, $50 million if other than an individual.</td>
<td>Not less than 20 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than $20 million if an individual, $75 million if other than an individual.</td>
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<tr>
<td>Marijuana (Schedule I)</td>
<td>100 kg to 999 kg marijuana mixture; or 100 to 999 marijuana plants</td>
<td>Not less than 5 yrs. or more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine not more than $5 million if an individual, $25 million if other than an individual.</td>
<td>Not less than 10 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than $20 million if an individual, $75 million if other than an individual.</td>
</tr>
<tr>
<td>Marijuana (Schedule I)</td>
<td>More than 10 kg hashish; 50 to 99 kg marijuana mixture</td>
<td>Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine $1 million if an individual, $5 million if other than an individual.</td>
<td>Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine $2 million if an individual, $10 million if other than an individual.</td>
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<tr>
<td>Marijuana (Schedule I)</td>
<td>Less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight) 1 to 49 marijuana plants</td>
<td>Not more than 5 yrs. Fine not more than $250,000, $1 million if other than an individual.</td>
<td>Not more than 10 yrs. Fine $500,000 if an individual, $2 million if other than individual.</td>
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<tr>
<td>Hashish (Schedule I)</td>
<td>10 kg or less</td>
<td>Not more than 5 yrs. Fine not more than $250,000, $1 million if other than an individual.</td>
<td>Not more than 10 yrs. Fine $500,000 if an individual, $2 million if other than individual.</td>
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<tr>
<td>Hashish Oil (Schedule I)</td>
<td>1 kg or less</td>
<td>Not more than 5 yrs. Fine not more than $250,000, $1 million if other than an individual.</td>
<td>Not more than 10 yrs. Fine $500,000 if an individual, $2 million if other than individual.</td>
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*The minimum sentence for a violation after two or more prior convictions for a felony drug offense have become final is a mandatory term of life imprisonment without release and a fine up to $20 million if an individual and $75 million if other than an individual.
Where to Get Help

Campus Support
University Counseling Services (UCS) (818) 677-2366
Steve Silver, Psy.D./Substance Use Counselor (UCS) (818) 677-2366
Klotz Student Health Center (818) 677-3666
Vice President, Student Affairs (818) 677-2391

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

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

Community Treatment Programs
Resources for treatment centers include:

Los Angeles County Department of Health Services, Substance Abuse Prevention and Control
(844) 804-7500 http://publichealth.lacounty.gov/sapc/

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

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

National Treatment Locator
The Substance Abuse and Mental Health Services Administration (SAMHSA) maintains a Behavioral Health Treatment Services Locator, a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems.

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