



USciences Biennial Report
Academic Years
2019-2021

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I. INTRODUCTION

University of the Sciences conducts the biennial report in compliance with the Drug Free Schools and Communities Act (DFSCA) and the Department of Education's General Administrative Regulations 34 C.F.R §86.100(b) requiring institutions of higher education to implement and assess their drug and alcohol abuse prevention program (DAAPP). The information in this report is for the 2019-2020 and 2020-2021 academic years.

As part of the University's prevention efforts, USciences distributes and has available written materials that include:

- Standards of conduct that prohibit the unlawful possession, use or distribution of illicit drugs and alcohol on University property or in connection to University activities
- Description of the health risks associated with the use of illicit drugs and alcohol abuse
- Information regarding counseling and treatment programs
- Federal, state, and local laws with applicable legal sanctions
- List of prevention and education programs
- Specific information regarding disciplinary sanctions the University will impose due to violation of standards of conduct

The biennial review provides the USciences the opportunity to examine the current alcohol and other drug (AOD) prevention efforts with the overarching goal of helping to prevent negative outcomes related to AOD use. Specifically, the AOD program at USciences has two overarching goals:

- Reduce high-risk behaviors related to alcohol and drug use
- Increase awareness of the nature, extent, and harms of AOD substance abuse

II. ALCOHOL AND OTHER DRUG (AOD) TREND DATA

Students

AOD Violation Data

The trend data for the 2019-20 and 2020-21 is contained in graph 1.1 below:

1.1	Alleged Alcohol Violations			
AY	Medical Amnesty	Not Responsible	Responsible	Total
19-20	1	13	30	44
20-21	3	10	28	41
	Alleged Drug Violations			
AY	Medical Amnesty	Not Responsible	Responsible	Total
19-20	0	15	5	20
20-21	0	9	4	13

The following definitions apply to the four columns under the alcohol and drug violations:

- Medical Amnesty – number of students who utilized the University Medical Amnesty Policy (MAP) for assistance while under the influence of alcohol or other drugs.
- Not Responsible – number of students who participated in the Student Conduct Process (SCP), and were found not responsible for the alleged violation of the Code of Conduct.
- Responsible – number of students who participated in the Student Conduct Process (SCP), and were found responsible for the alleged violation of the Code of Conduct.
- Total – complete number of individuals who invoked the MAP or participated in the SCP

The data in graph 1.1 shows a higher number of alleged alcohol violations for AY 20-21 when compared to the previous academic year. The rate and type of violations appear to be in line with typical year-to-year fluctuations, though increases may be due to adjustments in residence hall management during the COVID-19 pandemic which included enhanced and frequent hall monitoring for safety violations.

Substance Use Prevention Workshop Data

Students who are entering college are more prone to high-risk drinking behaviors due to a variety of factors including: lack of knowledge regarding use and consequences of alcohol or other drugs, exposure to peer influence to engage in high-risk behaviors, and failure to understand the actual use of alcohol among their peers as related to social norms.¹ Based upon best practice and due to the potential for high-risk behavior; during the fall semester the Student Health Center coordinates a substance use workshop for all first-year students.

These workshops are delivered in the fall sections of Physical Education, which have an average enrollment of 24 students. The small numbers of students enrolled in each section allows for the

¹ Williams, D., Thomas, A., Buboltz Jr., W., & McKinney, M. (2002). Changing the attitudes that predict underage drinking in college students: A program evaluation. *Journal of College Counseling*, 5(1), 39-49.

delivery of an effective message with regards to alcohol use, social norming, bystander intervention, and understanding of other substance use.

In the fall of 2020, the workshop was delivered online due to COVID restrictions, and completion was monitored through the Physical Education learning platform. Following the completion of the workshop students were asked to complete a brief evaluation. Students were to rate the effectiveness of the presentation in providing them with knowledge and information of substance use and policies, and whether their knowledge and skills had increased. Below is a sample of the how the questions were rated:

#	Field	Extremely effective	Very effective	Slightly effective	Not effective at all	Total
1	Describe the physical and mental effects of excessive alcohol use, tobacco, and other substances	41.38% 48	49.14% 57	9.48% 11	0.00% 0	116
2	Discuss prevalence of substance use among college students	34.48% 40	52.59% 61	12.93% 15	0.00% 0	116
3	Identify consequences of excessive alcohol use and abuse of drugs	48.28% 56	43.97% 51	6.90% 8	0.86% 1	116
4	Explain strategies for responsible substance use	44.83% 52	43.97% 51	11.21% 13	0.00% 0	116
5	Define the steps to manage a situation involving alcohol poisoning or drug overdose	46.96% 54	45.22% 52	7.83% 9	0.00% 0	115
6	Recognize signs of a substance use disorder	37.39% 43	49.57% 57	13.04% 15	0.00% 0	115
7	Identify policies & resources to support students who need treatment	51.30% 59	40.00% 46	8.70% 10	0.00% 0	115

Showing rows 1 - 7 of 7

#	Field	Increased	Not Changed	Total
1	My awareness of strategies to manage stress, anxiety, and/or sleep problems has...	75.44% 86	24.56% 28	114
2	My ability to resist social pressure around substance use has....	73.68% 84	26.32% 30	114
3	My ability to stay safe in situations involving substance use has....	88.60% 101	11.40% 13	114
4	My ability to help a peer during a medical emergency caused by substance use has.....	91.23% 104	8.77% 10	114
5	My ability to identify and help a peer with a substance abuse problem has...	91.23% 104	8.77% 10	114

Showing rows 1 - 5 of 5

Evaluation data is used to continually revise and improve the workshops. Beginning in Fall of 2022 this information will be incorporated into a university-wide first-year experience class.

Employees

Institutional level data for employees with regard to consumption and substance use disorders related to alcohol and other drugs is not available.

III. POLICIES ON ALCOHOL AND OTHER DRUGS

USCIENCES POLICIES

Alcohol Use Policy

The goal of the Alcohol Use policy at University of the Sciences is to foster alcohol awareness and responsible drinking practices, for students who choose to drink, and to promote the health and safety of the faculty, staff, and students. With the growing problems of alcohol and drug abuse in our society the University seeks to encourage a campus social life that does not emphasize the role of alcoholic beverages in either private or group activities. This policy allows those of legal age an opportunity to develop responsible behaviors for the use of alcohol.

1. The possession and consumption of alcoholic beverages on the University campus and at University-related events off campus are regulated by the laws of the Commonwealth of Pennsylvania. These laws make it unlawful for persons under 21 years of age to purchase, attempt to purchase, consume, possess, or transport any alcoholic beverages. It is also unlawful to serve, sell, or furnish alcoholic beverages to persons under 21 years of age.
2. Any University-related organization or student(s) holding a function on or off campus will be subject to the following guidelines:
 - a. If alcohol is to be served, the host's supervisor or advisor must be notified in writing in advance of the event. At this time, a process to screen minors must be described, and an individual must be designated to be responsible for compliance with the policy.
 - b. If alcohol is to be served and underage persons may be present, a process must be in place to screen minors. During the social function while alcoholic beverages are available, the sponsor or the designee must be in attendance and must observe the area where alcoholic beverages are served and prohibit underage persons from obtaining alcoholic beverages.
 - c. If alcohol is to be served, food and nonalcoholic beverages must also be available in a prominent place and in adequate amounts. Alcoholic beverages must be clearly labeled as such.
 - d. Grain alcohol and alcohol that is more than 150 proof or 75% alcohol by volume is hereby prohibited.
 - e. Visibly intoxicated persons must not be served alcohol.
 - f. Advertising to members of the University campus for any social functions or campus events must not refer to the availability of alcoholic beverages, either specifically or in code. "Advertising" defined here includes flyers and posters as well as all social media announcements, email, and text.
 - g. No student government funds may be used to purchase or supply alcohol.
3. Alcoholic beverages are prohibited at all times in the residence halls. Violations will be subject to student conduct procedures as outlined in the Residence Life Handbook.

4. Consumption of alcoholic beverages is prohibited in public areas of the campus, except under special circumstances with approval of the President.
5. Violations of this policy may be adjudicated through the Student Conduct Process.

Drug-Free Environment Policy

Recognizing the wide variety of health risks associated with the use of alcohol and other drugs, the University is committed to maintaining a drug-free environment for its employees and students. Because of our special responsibility as an educator in health sciences, we have implemented a campus-wide program to increase awareness concerning alcohol and substance abuse. The Alcohol Use Policy provides information on the regulated, legal use of alcohol for University organizations. The Substance Use Disorder Policy provides information on available counseling, rehabilitation, and assistance programs for those experiencing problems with alcohol or other drugs.

Controlled Substances

The University prohibits the unlawful manufacturing, distribution, dispensing, possession, or use of a controlled substance on the University campus. Controlled substances may be appropriately used in a supervised classroom or research setting. Federal law requires compliance with this policy to maintain a person's status with the University. The law also requires that the institution be notified of any criminal drug statute conviction for a violation occurring in the workplace and/or a University-sponsored clerkship or traineeship site. Students must notify the Dean of Students and their college dean within five days of any such conviction.

Anyone convicted must participate satisfactorily in an approved drug abuse assistance or rehabilitation program to resume his or her status with the institution. The University's Student Conduct Policy and Substance Use Disorder Policy outline additional information and requirements for disclosure and continued enrollment or employment.

In addition to any legal sanctions imposed in conjunction with the unlawful use of alcohol or controlled substances, violations of this policy will also be subject to appropriate internal action whether remedial, rehabilitative, and/or disciplinary. If the offender is an employee, the appropriate action will be determined by the Supervisor and the Director of Human Resources. If the offender is a student, the case will be referred to the Dean of Students and/or the Office of Student Conduct for resolution.

Medical Amnesty

The University of the Sciences is committed to ensuring our students' health, safety, and well-being. To that end, the University seeks to reduce barriers for students who may need to seek emergency assistance for themselves or other students when alcohol or other drugs may be involved.

1. Any student who actively seeks to contact a member of the University Staff or certified emergency medical personnel for a medical emergency where their or another person's health or safety may be in jeopardy will not be referred to the Office of Student Conduct as it relates to alcohol or other drugs.
2. Recognized University organizations, student groups, or students that may be hosting or sponsoring an event who actively seek to contact a member of the University Staff or certified emergency medical personnel for a medical emergency where a member or guest of that organization has their health or safety in jeopardy will not be referred to the Office of Student Conduct as it relates to alcohol or other drugs.

While individuals who invoke the medical amnesty policy for themselves or other fellow students will not be referred to the Office of Student Conduct as it relates to alcohol or other drugs, individuals may be required, depending on the circumstances, to complete educational and/or health requirements as deemed necessary by the Office of the Dean of Students. These educational and/or health requirements may include, but are not limited to, an on-line or in-person educational program, a substance abuse evaluation, independent treatment as warranted, and/or appropriate follow-up with Student Health and Counseling (SHAC). Students who fail to complete required programs will be charged with an alleged violation of the Code of Student Conduct.

Tobacco Use Policy

The University is committed to providing a safe and healthy working and learning environment for the students, faculty, and staff on its campus. This policy outlines the prohibition of all tobacco products on all campus property, in owned or leased and operated buildings, recreation areas, and outdoors, as well as, the enforcement procedures.

1. Consistent with a tobacco-free University and in support of Philadelphia law number 050063-A, the sale and use of all tobacco products is prohibited on campus property, indoors and outdoors.
2. The University prohibits the smoking or carrying of lighted tobacco products in all indoor facilities, including interior connections to buildings, covered walkways, all building stairwells, hallways, fire escapes, parking structures, University owned vehicles, indoor or outdoor athletic events, and during all University-sponsored indoor or outdoor events.
3. The use of all tobacco products is prohibited on University property owned or leased, in operated buildings, recreation areas, and outdoors. Individuals who use tobacco and travel off-campus are encouraged to be a Good Neighbor and must maintain a distance of at least 20 feet from any building entrance or window as indicated by Philadelphia law.

4. Community members will hold each other accountable for compliance with the policy and will share the responsibility for adhering to and enforcing the policy. Concerns should be brought to the attention of the individuals responsible for the university facility or area in question, appropriate supervisor, or other University officials. Additionally, Public Safety personnel patrolling the campus will instruct individuals to adhere to the tobacco-free policy and respond to any complaints regarding the policy. Individuals who refuse to cooperate with the Public Safety Officer's directive will be asked to provide their names and show identification. The Public Safety Officer will file a report and issue fines as may be defined by the Cabinet or designee. If the individual is an employee or student at USciences, a copy will be forwarded to Human Resources or to the Student Conduct Office, whichever is appropriate.
 - a. Students who are in violation of the tobacco-free policy may be referred to the Office of Student Conduct and will be held accountable to the [Student Conduct process](#).

For additional information and resources, please visit: <http://www.usciences.edu/tobacco-free/>.

Sanctions imposed for AOD policy violations

The Student Handbook contains a list of behaviors that are considered inappropriate for members of the USciences community. It is expected that all students, whether undergraduate, graduate, doctoral, or professional, refrain from engaging in this prohibited conduct. Among the prohibited behaviors listed in the Student Handbook are the following, which pertain specifically to alcohol and drugs:

- **Alcohol**: Regardless of a student's age, the possession, consumption, distribution, or sale of alcohol or paraphernalia in any University property is prohibited unless approved by the University President or designee. Additionally, underage drinking and/or public intoxication is prohibited both on and off campus. Students are accountable for being in the presence of unauthorized alcohol on campus. (See Alcohol Use Policy for further information).
- **Drugs**: a. Possession/Consumption. Possession or consumption of illegal drugs or other controlled substances for a nonmedical purpose; b. Sales/Distribution. The manufacturing, sale, distribution, or offer of transfer of illegal drugs and/or other controlled substance; c. Drug Paraphernalia. Possession or use of drug paraphernalia; d. Inappropriate Care. Inappropriately providing care, dispensing or prescribing medicine without the proper supervision, authority, or license.

Sanctions are assigned to any student who is found to have engaged in prohibited conduct. The University classifies AOD violations using a level system, ranging from Level 1 to Level 3. In general, Level 1 violations are those which represent 'low risk use' and are considered minor in

nature, whereas Level 3 violations are of a more serious nature and represent ‘severe risk use’. Levels are selected based on a number of factors, including, but not limited to: the nature and seriousness of the offense, the age of the student, impact on the community, and previous conduct history of the student.

Level 1

- fine of \$50
- completion of educational requirement
- parental notification
- additional sanctions as assigned

Level 2

- fine of \$75
- completion of educational requirement
- participate in the substance use educational curriculum
- parental notification
- additional sanctions as assigned

Level 3

- fine of \$125
- completion of educational requirement
- participation in the substance use educational curriculum
- initiation of Drug and Alcohol Substance Use Disorder Policy
- substance abuse evaluation
- parental notification
- additional sanctions as assigned

The Director of Student Conduct & Grievances (or designee) will tentatively determine the applicable level prior to the commencement of any hearing. This tentatively determined level may change based on the information presented during the hearing process and will be affirmed prior to sanctioning if the student is found responsible or accepts responsibility for the violation(s).

Any student who is found responsible for a violation of the Student Conduct Policy (including AOD violations), will receive, at a minimum, a written reprimand. The student may also be required to participate in online and/or group workshops, and may be referred to the Dean of Students for the initiation of the Substance Use Disorder Policy, which may result in a Substance Use Disorder Evaluation.

Additional sanctions may be assigned depending upon the circumstances involved, including expulsion from the University. A full listing of the available sanctions can be found in the Student Handbook:

(https://www.usciences.edu/student-life/student-handbook/student_handbook.pdf).

Students who fail to complete the assigned sanctions by the designated deadline(s) are prevented from participating in future course registration activity until the assigned sanction requirements have been completed.

SELECTED LOCAL, STATE AND FEDERAL REGULATIONS

Controlled Substances

1. The Controlled Substance, Drug, Device and Cosmetic Act (PA Act 64) prohibits the manufacture, distribution, sale or acquisition of controlled substances by misrepresentation or forgery as well as the knowing possession of controlled substances unlawfully acquired except in accordance with the Act. Penalties for first time offenders of the Act range from one year imprisonment, \$5,000 fine or both to fifteen years or \$250,000 fine or both.

A person eighteen years of age or older who is convicted of delivering a controlled substance to a minor shall be sentenced to up to 90 days in prison. If the delivery or possession with intent to deliver the controlled substance occurs within 1,000 feet of a school, the minimum sentence is at least two years in prison.

2. The Pharmacy Act of 1961, 63 PA CSA 390-8; makes it unlawful to procure or attempt to procure drugs by fraud, deceit, misrepresentation, subterfuge, or by forgery or by alteration of a prescription. The first offense is a misdemeanor, with a maximum penalty of one year's imprisonment, a \$5,000 fine or both.
3. The Pennsylvania Motor Vehicle Code 75 PA CSA 3101 et seq., prohibits driving under the influence of alcohol or a controlled substance, or both. A person convicted of this offense will be sentenced a maximum of six months and a \$300 fine for a first offense.
4. Federal Drug Laws: The Controlled Substances Act, 21 USC 801 et seq., are similar to the PA Act. Schedules of controlled substances are established and it is unlawful to knowingly or intentionally to manufacture, distribute, dispense, or possess with the intent to distribute or dispense a controlled substance. Penalties range from life in prison and a fine up to \$4,000,000 or both for possession of a large quantity of controlled substances to one year in prison and a fine up to \$5,000 for simple possession. Distribution to a minor by a person eighteen years or older carries double and triple the penalty. Double penalties also apply to the distribution or manufacture of controlled substances within 1,000 feet of a school.

Medical Cannabis

Although the Commonwealth of Pennsylvania permits the possession and controlled use of medical marijuana, the federal government classifies marijuana as a Schedule I drug under the Controlled Substances Act. The Controlled Substances Act prohibits the use, possession, cultivation, or sale of marijuana, even for medical purposes.

As a recipient of federal funding, USciences is subject to the Controlled Substances Act, and must also comply with the Drug Free Schools and Communities Act and the Drug Free Workplace Act, which require USciences to maintain a drug free campus and workplace.

Therefore, the use and/or possession of marijuana is prohibited on any University property or at any University sponsored programs/events. Students who violate the University alcohol and drug policies will be held accountable through the student conduct process and will be subject to disciplinary sanctions.

Additional requirements, related to the use of controlled substances, exist for students who are considering pursuing certain healthcare related careers and professional programs. As an example, students who wish to participate in clinical education coursework, must submit to a criminal background check annually. These students should be aware that a positive criminal background check could result in an inability to participate with field experience sites, delay in their graduation, dismissal from the program, and/or an inability to become licensed in some healthcare or healthcare related professions. Students in these programs may also be subject to drug testing based upon the employment policies of the clinical facilities. Students who have a positive drug screen or fail to comply with this policy may not be able to complete their experiential learning assignment. Please see the Drug Screen Policy for further details.

Alcohol

The PA Liquor Code, 47 PA CSA 1-101 et seq., controls the possession and sale of alcoholic beverages within the Commonwealth of Pennsylvania. The Code as well as portions of the PA Crimes Code, 18 PA, CSA 6307 et seq., provide for the following:

1. It is a summary offense for a person under the age of 21 to attempt to purchase, consume, possess or knowingly and intentionally transport any liquor or malt brewed beverages. It is a crime for any person under 21 years of age to possess an identification card falsely identifying that a person under 21 years of age is 21 years of age or older or to attempt to purchase alcoholic or malt or brewed beverages by using a false identification card. It is also a crime to misrepresent one's age knowingly and falsely to obtain liquor or malt or brewed beverages. It is also a crime knowingly, willfully and falsely to represent that another is of legal age to obtain liquor or malt or brewed beverages. It is also a crime to hire, request or induce any minor to purchase from an unlicensed source any liquor, malt or brewed alcoholic beverage. A first offense will result in a 90-day suspension of driving privileges and a fine up to \$500. A second offense will result in a fine up to \$1,000 and a one-year suspension of driving privileges.
2. It is a crime to intentionally and knowingly sell or purchase with the intent to sell or furnish, any liquor or malt or brewed beverages to any minor. It is also a crime to intentionally, knowingly, or recklessly manufacture, make, alter, sell or attempt to sell an identification card falsely representing the identity, birth date, or age of another. The minimum fine is \$1,000 for a first offense and \$2,500 for subsequent violations.

REHABILITATION AND COUNSELING

Rehabilitation and Counseling

Students in need of confidential counseling can utilize the following resources:

Student Counseling	215-596-8536
Student Health	215-596-8980
Caron Treatment Ctr	610-716-1692
Livengrin	215-638-5200
Princeton House	800-242-2550
Alcoholics Anonymous	215-923-7900
Narcotics Anonymous	215-440-8400
Rehab After Work	215-546-2200

Substance Use Disorder Policy

This policy reflects the institution’s concern about any member of the University family who may be experiencing a problem with alcohol and/or drug abuse (referred to hereafter as substance abuse). The aim of the policy is to encourage and support the recovery of all impaired members of the University community. The Substance Use Disorder Policy is initiated by the Dean of Students in conjunction with the college dean. The Dean of Students will assist the student in obtaining an evaluation from an independent clinical expert and coordinating any recommended aftercare program. The Dean of Students receives the evaluation as well as recommendations for treatment and aftercare services for policy participants and coordinates the treatment component of the policy. Clinical decisions regarding the diagnosis and treatment are made by external experts. Questions concerning the Substance Use Disorder Policy should be directed to the Dean of Students at 215.596.8950.

1. The University recognizes that dependence upon any psychoactive substance is a debilitating condition that requires medical, psychological, and social assistance.
2. The University is committed to a comprehensive educational program to prevent substance abuse among its students and staff.
3. The University encourages the treatment and recovery of any person who seeks assistance or who has been identified as potentially having a substance use disorder by his or her college dean or the Dean of Students. Assistance and referrals for treatment will be provided through the Dean of Students. The cost for any external evaluation and any related fees are the responsibility of the student.
4. The University will not perform random testing for drugs; however, drug screens may be required as a condition of participation in experiential education and/or our NCAA athletics program.

5. All matters relating to substance abuse and subsequent treatment will be confidential.
6. The University will support the continued enrollment or employment of any impaired person provided he or she agrees to undergo evaluation and, when necessary, treatment for a substance use disorder. In the event treatment is recommended, the impaired person will:
 - a. Enter a treatment program without delay
 - b. Complete the treatment program
 - c. Participate in an aftercare program

*Students enrolled in the Doctor of Pharmacy Program are required to enroll and actively participate in the Secundum Artem Reaching Pharmacists with Help (SARPH) program. SARPH is supported by the Pennsylvania State Board of Pharmacy and is designed to support the recovery of impaired pharmacy students and pharmacists through interaction with peers and random drug monitoring. The duration of enrollment in the SARPH program will be for the duration of the student's enrollment in the PharmD program or three years, whichever is longer. When applicable, students progressing into the profession after graduation, but who have not completed a minimum of three years in the SARPH program, will continue to be enrolled in the program, under its contract, until they have successfully completed the minimum three-year monitoring requirement.

7. The University will not support continued enrollment or employment of anyone found responsible or guilty through conduct action or legal prosecution of:
 - a. Illegal possession of controlled substances with intent to divert or distribute
 - b. Stealing controlled substances
8. All decisions regarding individual treatment and aftercare will:
 - a. Be made by an outside independent organization in consultation with the student
 - b. Be in accordance with the student's ability to participate successfully in these programs
9. The facility that will provide an evaluation and treatment plan must be approved by the University.

The University reserves the right to dismiss a student who fails to comply with the terms of the Substance Use Disorder Policy. In such matters, the decision for dismissal will be referred to the college dean by the Dean of Students.

HEALTH RISKS

Health Risks of Drug and Alcohol Use

Classification	Examples	Effects
Alcohol	beer, wine liquor	delirium, depression, breakdown of inhibitions, impairment of judgement and coordination, hallucinations, nausea, unconsciousness, obesity, brain and liver damage, ulcers
Amphetamines	Dexedrine, Biphetamine, Benzedrine, Methedrine	euphoria, decreased appetite, rapid speech, convulsions, stomach disorders, skin disorders, insomnia, delusions, psychosis
Anabolic Steroids	Synthetic testosterone, bodybuilding drugs	mood elevation of depression, liver damage, increase or decrease in sex drive, retention of sodium and fluids, high blood pressure, jaundice
Barbiturates	Amytal, Chloral Hydrate, Doriden, Nembutal, Phenobarbital	euphoria , decreased alertness, impaired coordination, confusion, irritability, drowsiness, slurred speech
Caffeine	coffee, cola, No-Doz, tea	increased alertness, insomnia, restlessness, upset stomach, irritability
Cannabis	marijuana, hashish, Tetrahydrocannabinol (THC)	laziness, nervousness, bronchitis; mood changes; clumsiness and confusion; bloodshot eyes; sore throat; increased heart rate; problems with memory, concentration, and learning
Cocaine	Coke, Crack, Snow	confusion, chronic insomnia, paranoia, violence, increased blood pressure and heart rate, headaches, feeling of things crawling under the skin, damage to nasal septum when snorting, depression, convulsions
Ecstasy (Actual class is a combination stimulant and mild hallucinogen)	MDMA, MDA, X, E, Methylenedioxymethamphetamine	MDMA generally produces a relaxed and euphoric state. However, it has been shown to damage, kill or deplete serotonin in the brain, which can result in depression. Short-term effects include heightened energy levels, muscle pain, and impaired sexual performance.

GHB, GLB, Gamma-butyrolactone, butyrolactone gamma, butyrolactone	GHB, GLB, Blue Nitro, Revivarant, Serenity 2, Gamma G, GHRE, Thunder Weight Belt Cleaner	Promoted for weight loss, to induce relaxation and sleep; to help muscles recover. Causes nausea, vomiting, headaches, irritation of mucous membranes in the body, slow breathing, slow heart rate, abrupt unconsciousness or coma and respiratory distress, seizures, death. Increases risk for personal injury, sexual assault, and general assault.
Hallucinogens	LSD, PCP, DMT, Mescaline, Psilocybin	panic, anxiety, exhaustion, psychosis, increased energy
Inhalants	glue paint thinner, model cement, spot remover, hair spray, cleaning fluids, correction fluid, lighter fluid, laughing gas	dizziness and clumsiness, confusion, headaches, violence, unconsciousness, hypersensitivity, rapid heartbeat, reduced muscle reflex control
Narcotics	Opium, Morphine, Codeine, Heroin, Hydromorphone, Meperidine (Pethidine), Methadone	euphoria, nausea, constricted pupils, respiratory depression
Tobacco, Nicotine	cigarettes, snuff, pipe tobacco, e-cigarettes, juul, hookah	constriction of blood vessels; dizziness; increase in pulse, heart rate, and blood pressure; dry mouth and throat; cancer of the lungs, esophagus, throat, cheek, lips, mouth, trachea, larynx, and nasal cavity, arteriosclerosis
Tranquilizers	Equanil, Librium, Thorazine	drowsiness, blurred vision, jaundice, dizziness, blood cell destruction, suppression of aggression, coma

Employee Drug & Alcohol Policy

1.1 As an academic institution with strong relationships with the pharmaceutical industry and with a firm commitment to protecting the health and safety of its faculty and staff, University of the Sciences in Philadelphia has a drug-free workplace policy. The University considers the abuse of alcohol or other drugs to be a health care problem and treats it as such. The term abuse as used in this policy shall refer to the consumption of alcohol, the use of any illicit substance, or the

misuse of prescription drugs while at work or at any other time so as to impair an employee's ability to perform the duties and responsibilities of his/her job.

The University values the contribution of each of its employees and recognizes the risks that alcohol abuse, alcoholism, and other forms of chemical dependency pose to the individual employee as well as the University at large. As a result, support for the individual employee's assessment/treatment needs is a top priority. To this end, the University's Employee Assistance Program is available in order to arrange for assessment and/or treatment needs. Contact with the Employee Assistance Program can be arranged directly by the employee or upon referral/directive of the employee's supervisor. The Employee Assistance Program can be reached by confidentially contacting the vendor directly. Contact information is available on the HR Portal. The privacy of the employee shall be respected and details of services provided by the Employee Assistance Program will be held in the strictest of confidence except as authorized or required by a rehabilitation plan.

2. Policy Purpose

2.1 The University is required by law to inform you of the sanctions that may be imposed on you if you violate federal, state, and local laws regarding the unlawful possession, use, or distribution of illicit drugs or alcohol. In addition to legal sanctions by governmental authorities, the employment of employees who will not accept help or will not reform will be terminated. The following are examples of illegal activity and the applicable legal sanction.

3. Policy Definitions

3.1 Controlled Substance- a drug or chemical which has been declared by federal or state law to be illegal for sale or use, but may be dispensed under a physician's prescription. The basis for control and regulation is the danger of addiction, abuse, physical and mental harm (including death), the trafficking by illegal means, and the dangers from actions of those who have used the substances.

4. Policy Guidelines

4.1 Alcohol - Under Pennsylvania law, a person who is under twenty-one (21) years of age commits a summary offense if he/she attempts to or actually purchases, consumes, possesses or transports alcohol. The police department must notify the parents of a minor charged with violating this law. If convicted of this offense, the minor's driver's license will be suspended. A second offense will yield a fine up to \$500.

In addition, any person who intentionally provides alcohol to a minor will be convicted of a misdemeanor of the third degree, for which the fine will be at least \$1,000 for the first offense and \$2,500 for subsequent violations.

4.2 Drugs- There are both federal and state laws that proscribe the possession, use, and distribution of illegal drugs. The sanctions for violating these laws consist, in many cases, of mandatory imprisonment, coupled with substantial fines. The sanctions for any given offense vary widely, depending on the nature of the offense, the type of drug involved, and the quantity of the drug involved.

For instance, under federal law, simple possession of a controlled substance carries with it a penalty of imprisonment of no more than one (1) year, plus a fine of a minimum of \$1,000 for first-time offenders. Repeat offenders are subject to longer prison terms and higher fines. If the controlled substance contains a cocaine base and the amount exceeds five (5) grams, the offender will be imprisoned for not less than five (5) years and not more than twenty (20) years or fined or both.

Also under federal law, anyone who is at least eighteen (18) years old and who distributes drugs to anyone under the age of twenty-one (21), or who possesses, distributes, or manufactures any controlled substances within 1,000 feet of a school or college, will be imprisoned and/or fined up to twice what is otherwise provided by law, with a minimum prison sentence of one (1) year. Pennsylvania has laws prohibiting the use, possession, and distribution of drugs that are similarly strict. In addition to imposing fines and/or prison terms for violations of its drug laws, Pennsylvania recently enacted a forfeiture statute. Under this statute, when the state arrests someone for violating its laws concerning the use, possession, or distribution of drugs, the state will seize, and that person will forfeit, all of his or her property that was used to accomplish the violation of Pennsylvania's anti-drug laws - including his or her automobile.

4.3 Alcohol and drug use and possession- Possession, consumption, abuse, or "being under the influence of" intoxicating beverages or drugs during working hours, or on University property, or at University-sponsored activities is strictly prohibited except for the moderate consumption of alcoholic beverages at official programs conducted by the University if the employee is over twenty-one (21) years of age. An employee reasonably suspected of being under the influence, or causing harm to self or others, or found to be using alcohol or abusing drugs during working hours, or on University property, or at University-sponsored events, except as stated above, may be required to consent to any scientifically approved test for the presence of alcohol or drugs in the body. If such an employee refuses to provide such consent and/or cooperate with the requirements of the testing procedures, he or she will be disciplined or discharged for insubordination. Although, an employee found to possess, use, or be under the influence of alcohol or drugs would normally be formally warned for a first offense rather than dismissed, the appropriate discipline, up to and including discharge, will depend on the particular circumstances of each case. As a part of any discipline, the University reserves the right to refer the employee to the Employee Assistance Program for clinical assessment with a drug/alcohol specialist followed by an appropriate treatment plan as recommended. The employee will not be eligible to reenter employment until he or she supplies the appropriate certification of completion of the recommended program and, at the

University's discretion, enters into an agreement concerning the effect of future abuse of alcohol and/or drugs. A second incident involving drugs or alcohol use or possession will normally result in dismissal.

4.4 Distribution of alcohol and drugs- No person less than twenty-one (21) years of age shall attempt to purchase, consume, possess, or transport any alcohol, liquor, or malt or brewed beverages during working hours, or on University property, or at any University-sponsored event. No University employee shall transfer a registration card or other form of identification for the purpose of falsifying age to secure any alcohol, liquor, or malt or brewed beverages. No individual shall assist in obtaining, selling, furnishing or giving any alcohol, liquor, or malt or brewed beverages to be sold, furnished, or given to any person under twenty-one (21) years of age on University property, or at any University sponsored event.

No University employee shall assist in obtaining, attempt to distribute, sell or furnish illicit drugs to any individual, on University property, or at any University-sponsored event.

Any employee who violates this prohibition against the distribution of alcohol and/or drugs will normally be immediately discharged from employment with the University and may be referred for criminal prosecution.

4.5 Criminal drug convictions- The University is required under federal law (Drug-Free Workplace Act of 1988) to ensure a workplace free from the illegal use, possession, distribution, or dispensing, of a controlled substance in the workplace. As a condition of employment, all employees must abide by the terms of this drug-free policy and are required to notify the University of any criminal drug statute conviction for a violation occurring in the workplace no later than five (5) days after such conviction. Furthermore, the University is required to notify all agencies issuing federal grants to the University within ten (10) days after receiving notice of conviction from the employee or other forms of actual notice of such conviction. The University is then required to take one of the following actions within thirty (30) days of receiving notice of an employee's conviction:

1. Formally warn, suspend, or terminate the employee; or
2. Require the employee to participate satisfactorily in drug abuse assistance or rehabilitation program approved for such purposes by a federal, state, or local health law enforcement or other appropriate agency.

The University shall, in its sole discretion, determine what action it will take.

IV. AOD PROGRAMS & INTERVENTIONS

The University employs several methods to educate students on AOD related topics. These measures are both preventative and reactive.

1. Prevention Programming

a. First-year student educational workshops

- i. Each year the Health Center conducts AOD workshops as a part of the Physical Education curriculum, which is required for all first year students. Student athletes who are waived out of the PE requirement attend their own workshop, also presented by Health Center staff. Workshop leaders include Health Center staff, faculty from the Philadelphia College of Pharmacy, and advising/student services support staff. The AOD workshop for first year students includes information on the effects of drugs and alcohol, consequences of use/ overuse (including health risks, conduct violations, professional and legal consequences), university policies, and university resources. USciences also takes a harm reduction perspective and educates students on how to resist peer pressure, socialize safely and responsibly, and respond to an AOD related emergency. A report is generated each year from participant evaluations, and the content is reviewed and revised based on participant feedback (see section II.) and current best practices in AOD education.
- ii. In the Spring of 2020, we presented the alcohol educational workshop *Maximize Your Buzz* by Collegiate Empowerment to all first year students and Greek organizations. This interactive workshop also takes a harm reduction approach and discusses values-based decision making, socializing safely and responsibly, responding to AOD emergencies, and reinforces university policies and resources. Approximately 565 students attended.

b. Alternative Programming

- i. The University has developed programming that is offered during periods that have been identified through incident rates as times when students are at a higher-risk to abuse substances. Similar to other institutions of higher education the use of alcohol correlates with ebbs and flows in academic obligations.² The programming that has been developed to provide students with an alternative activity includes our annual trunk-n-treat event during Halloween and final exam late night breakfast.

2. Reactive Programming

a. Under the Influence

² Del Boca, Frances K., et al. "Up close and personal: temporal variability in the drinking of individual college students during their first year." *Journal of consulting and clinical psychology* 72.2 (2004): 155.

- i. 3-hour, online course for students who are found responsible for on-campus alcohol violations. An educational sanction for alcohol violations, the course includes 6 lessons on key issues such as alcohol's health effects, drinking and driving, state-specific laws, and alcohol/prescription interactions. Tailored to the individual, students receive a confidential drinking profile that summarizes personal drinking-related problems, compares drinking habits with social norms, challenges personal expectations, and provides a range of non-drinking strategies. Salafsky, Moll, and Glider concluded that Under the Influence was effective and evidenced significant reductions in participant's typical drink consumption, perception of peer drinking, and negative consequences.³

b. Marijuana 101

- i. 4-hour, online course for students who are found responsible for on-campus marijuana violations. Six lessons cover a variety of key issues such as marijuana dependence, marijuana's effects, mental health issues, synthetic marijuana, local laws and legalization issues, and legal penalties associated with use. Tailored to the individual, students receive a confidential personalized-feedback report that summarizes use and negative consequences, compares individual use with social norms, challenges personal expectations, and provides a range of strategies to quit.

c. Substance Use Education

- i. The University of the Sciences Substance Use Education curriculum, facilitated by Caron Treatment Centers, is designed as a three-part experience. Students are required to participate in one individual assessment with a Specialist from Caron Treatment Center and two, 2-hour group workshops. The curriculum covers the dangers of high-risk drinking and drug use and introductory information on substance use disorders. It is designed to provide personalized feedback and recommendations regarding substance use and to encourage students to evaluate their relationship to substances and determine strategies for success. The goals of the substance use education curriculum includes decreasing problematic drug and/or alcohol use, increasing awareness of substance use and the concept of addiction, identifying healthy alternative behaviors to substance use, and to facilitate thought and reflection regarding student's current use patterns and choices. Recommendations for further evaluation may be made as needed by the facilitator who is a trained clinician.

³ Salafsky, D., Moll, C. & Glider, P. (2007). *Comparison of an In-Class vs. Online Alcohol Diversion Program to Reduce Alcohol Consumption and Negative Consequences Among College Students: Findings from a 2-year study*. U.S. Department of Education's 21st Annual National Meeting on Alcohol and Other Drug Abuse and Violence Prevention in Higher Education. October 18-21, 2007 Omaha, Nebraska.

V. BIENNIAL REPORT REQUIREMENT POLICY & PROCEDURES

1. Policy Statement

- a. University of the Sciences conducts the biennial report in compliance with the Drug Free Schools and Communities Act (DFSCA) and the Department of Education's General Administrative Regulations 34 C.F.R §86.100(b) requiring institutions of higher education to implement and assess their drug and alcohol abuse prevention program (DAAPP).
- b. The biennial review provides the USciences the opportunity to examine the current alcohol and other drug (AOD) prevention efforts with the overarching goal of helping to prevent negative outcomes related to AOD use. Specifically, the AOD program at USciences has two overarching goals:
 - i. Reduce high-risk behaviors related to alcohol and drug use
 - ii. Increase awareness of the nature, extent, and harms of AOD substance abuse

2. Rationale

- a. The Drug-Free Schools and Communities ACT (DFSCA) and Part 86 of the Department's General Administrative Regulations require each institution of higher education (IHE) that receives federal funding to certify that it has developed and implemented a Drug and Alcohol Abuse Prevention Program (DAAPP). In an effort to assess the effectiveness of this program the University is required to complete a biennial report.

3. Policy Procedures

- a. The Office of the Dean of Students will convene a cross-collaborative group of contributors during the spring semester annually to collect information that will be included in the University's next Biennial Review. The cross-collaborative group shall include, but is not limited to:
 - i. Office of the Dean of Students
 - ii. Student Health & Counseling
 - iii. Office of Student Conduct
 - iv. Office of Residence Life
 - v. Student Success Center
 - vi. Department of Public Safety
 - vii. Office of Human Resources
- b. Biennially, the Office of the Dean of Students will convene the aforementioned contributors to conduct the Biennial Review and draft the subsequent report. The group will be convened in the fall of the semester which ends the biennium.

V. CONCLUSION

The University will maintain and continue to build upon its current AOD program for the next biennium report. As an institution we are committed to assessment and continual quality improvement as needed. Keeping with this philosophy the University should:

- Maintain partner(s), such as Caron Treatment Center, to ensure the University is able to fully implement its Substance Use Disorder Policy.
- Use the information from the first-year student survey and AOD trend data to implement a campus-wide social norming campaign.⁴
- Explore the need for a specialty housing option for those students who choose to remain abstinent with regard to alcohol use.
- Seek additional funding resources to continue to offer Alcohol Wise to all first-year students.

⁴ Jeffrey, LR, Negro, P, Demond, M & Frisone, JD (2003). The Rowan University Social Norms Project. Chapter 6 in HW Perkins (Ed). *The Social Norms Approach to Preventing School and College Age Substance Abuse: A Handbook for Educators, Counselors, Clinicians*, San Francisco, Jossey-Bass