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# ALCOHOL AND DRUG POLICY

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## **POLICY STATEMENT**

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Lipscomb University (“Lipscomb”) is committed to maintaining an alcohol and drug-free campus. While observance of federal and state law is a fundamental requirement for Lipscomb’s community, Lipscomb has higher expectations than mere compliance based on its Christ-centered mission. Lipscomb believes that each person’s body is the temple of God and should be treated as such. Lipscomb is also fully dedicated to providing a safe campus that is alcohol, illegal substance, and tobacco free. This policy presents Lipscomb’s expectations with respect to alcohol, drugs and tobacco.

### **Alcohol**

Lipscomb’s policy regarding alcohol is as follows:

- Alcohol possession and/or consumption is prohibited on Campus (as defined in the “Definitions” section below);
- Alcohol possession and/or consumption on or off Campus is prohibited for all Underage Students (as defined in the “Definitions” section below);
- Alcohol possession and/or consumption is prohibited at any Lipscomb-sponsored event, program, activity, or experience, whether short-term or long-term, including, without limitation, global learning programs and travel experiences;
- Providing alcohol to Underage Students or hosting events where underage drinking occurs is prohibited;
- Intoxication is prohibited for all members of the Lipscomb community, regardless of age, on and off Campus at all times;
- No adult member (age 21 or older) of the Lipscomb community, including students, may serve or consume alcohol in the presence of any Lipscomb student in a manner that could reasonably be expected to encourage the student to violate any provision of this policy;
- No Lipscomb employee may pay for alcohol for any Lipscomb student;
- Any Underage Student suspected of consuming alcohol may be asked to submit to a breathalyzer test, and any Lipscomb student suspected of intoxication may be asked to submit to a breathalyzer test; and
- Refusal of or attempts to evade testing will be interpreted as evidence of alcohol use, and will result in disciplinary action.

## **Drugs**

Lipscomb's policy regarding drugs is as follows:

- The purchase, possession, use, or sale of any illegal drugs or controlled substances is prohibited on or off Campus;
- Students and employees must not possess materials on Campus that may be considered drug paraphernalia or materials that celebrate drug culture;
- Use of prescription drugs outside of their prescribed use is illegal and prohibited;
- Students or employees suspected of drug use may be asked to submit to testing;
- Refusal of or attempts to evade testing will be interpreted as evidence of drug use, and may result in disciplinary action;
- Students who are asked to submit to testing for drug use will be responsible for the cost of the test; and
- Use of any herb or drug for the purpose of intoxication or hallucination is prohibited.

## **Tobacco**

Lipscomb's policy regarding tobacco is as follows:

- Use of tobacco products, electronic cigarettes or vaporizers on Campus is prohibited; and
- Tobacco products discovered in residence halls or other Lipscomb buildings will be confiscated and disposed of.

## **REASON FOR THE POLICY**

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This policy supports Lipscomb's Christ-centered and educational mission and is adopted in compliance with the Higher Education Opportunity Act (including the Drug-Free Schools and Communities Act of 1989, 20 U.S.C. §10111i) and the regulations promulgated thereunder (including 34 C.F.R. 86).

## **APPLICABILITY OF THE POLICY**

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This policy applies to all Lipscomb employees and students, whether part-time or full-time, and whether residing on or off Campus.

## **DEFINITIONS**

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**Underage Student** – any Lipscomb student who is under 21 years of age.

**Campus** – (i) the campus of Lipscomb University and all buildings and facilities located thereon, (ii) the campuses of Lipscomb Academy, including all property not located on the main campuses of Lipscomb Academy that is owned and used by Lipscomb Academy for athletics, and all buildings and facilities located thereon, and (iii) any property not located on the main campus of Lipscomb University but that is owned, leased, or operated by Lipscomb University and used for its educational programs or activities, whether inside or

outside the United States. Notwithstanding the foregoing, Campus shall not include Spark: Lipscomb's Idea Center.

## **PROCEDURES**

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### **SANCTIONS**

Lipscomb upholds local, state and federal laws related to the possession, use and distribution of illicit drugs and alcohol by Lipscomb students and employees on its property or as part of any of its activities. Any violation of this policy by a Lipscomb employee or student may be subject to Lipscomb's sanctions as well as criminal sanctions provided by federal, state and local law. Lipscomb may refer violations of any such laws to the Metropolitan Nashville Police Department or other appropriate law enforcement agencies for investigation and potential prosecution.

Any violation of this policy by a Lipscomb employee may be subject to disciplinary action, including termination of employment, in accordance with the terms of the applicable Employee Handbook. Any violation of this policy by a Lipscomb student may be subject to disciplinary action, including, without limitation, warning, disciplinary probation, loss of privileges, educational sanctions, disciplinary suspension, expulsion or dismissal, in accordance with the terms of the applicable Student Handbook.

### **LOCAL LAWS**

The Metropolitan Government of Nashville and Davidson County generally prohibits the following:

- Knowingly having or possessing a hypodermic needle, syringe or any other instrument or implement adapted for the use of any controlled substance that has any quantity, including a trace, of a controlled substance;
- Selling, delivering or giving certain types of glue or cement to anyone under 21 years of age;
- Being under the influence of or in a state of intoxication as the result of inhaling certain types of glue or cement in a public place;
- Any person under the age of 19 being present in an automobile on any public street or highway when alcoholic beverages are being consumed, or being present in certain public parks and being a companion of or otherwise associated with any person who is consuming alcoholic beverages and who is not his or her parent, guardian or other adult who has not obtained written consent from the parent or guardian for the child to be present at such place;
- While in or on a street, alley, sidewalk, parking lot, parking garage or other area generally open to the public (except enclosed structures, premises owned by scientific, religious or educational institutions, or premises specifically permitted or licensed for the on-premises consumption of alcoholic beverages or beer), possessing

beer, ale, wine or other alcoholic beverage for the purpose of consumption in a glass, aluminum, or metal container unless the container is commercially sealed; and

- Any person under the age of 21 having in his or her possession beer for any purposes, except that any person 18 years of age or older may transport, possess, sell or dispense alcoholic beverages, wine or beer in the course of his or her employment.

Each of these offenses is punishable by a fine of up to \$500.

## **STATE LAWS**

The State of Tennessee generally prohibits the following acts and prescribes the corresponding penalties:

- Any person under the age of 21 possessing, consuming or transporting (except in the course of employment) any intoxicating liquor or beer, which is punishable by imprisonment of up to 11 months 29 days and/or a fine of up to \$2,500;
- Purchasing an alcoholic beverage for or at the request of a person under 21 years of age, which is punishable by a fine of between \$25 and \$500;
- Any person under the age of 21 purchasing or attempting to purchase any alcoholic beverage, which is punishable by imprisonment of up to 11 months 29 days and/or a fine of up to \$2,500;
- Any person under 21 years of age knowingly making a false statement or exhibiting false identification to the effect that the person is 21 years old or older to any person engaged in the sale of alcoholic beverages for purchase of purchasing or obtaining alcoholic beverages, which is punishable by a fine of between \$50 and \$200 or imprisonment in the county jail or workhouse for between five and 30 days, if the person is between the age of 18 and 21;
- Persuading, enticing, or sending a person under 21 years of age to any place where alcoholic beverages or beer are sold, to buy or otherwise procure alcoholic beverages or beer in any quantity, which is punishable by imprisonment of up to 11 months 29 days and/or a fine of up to \$2,500, as well as 100 hours of community service and revocation of driving privileges;
- Public intoxication, which is punishable by imprisonment of up to 30 days and/or a fine of up to \$50;
- Consuming or possessing any alcohol beverage on the school plant or grounds of any public school in Tennessee having any of the grades kindergarten through twelve, which is punishable by imprisonment of up to 30 days and/or a fine of up to \$50;
- Driving or being in physical control of any automobile or other motor driven vehicle on any public road or highway of Tennessee, or on any streets or alleys while (a) under the influence of any intoxicant, marijuana, controlled substance, controlled substance analogue, drug that impairs the driver's ability to safely operate a motor vehicle by depriving the driver of the clearness of mind and control, or (b) the alcohol concentration in the person's blood or breath is 0.08% or more, which is punishable as follows:

- For the first offense, serving not less than 48 consecutive hours nor more than 11 months and 29 days in a county jail or workhouse, but if the blood alcohol concentration was 0.20% or more, serving not less than seven consecutive days nor more than 11 months and 29 days in a county jail or workhouse;
- For the second offense, serving not less than 45 consecutive days nor more than 11 months and 29 days in a county jail or workhouse, which may also include participation in a substance abuse treatment program;
- For the third offense, serving not less than 120 consecutive days nor more than 11 months and 29 days in a county jail or workhouse, which may also include participation in a substance abuse treatment program;
- For the fourth offense, imprisonment of not less than 150 consecutive days nor more than six years, as well as a fine of up to \$3,000;
- For the fifth offense, imprisonment of not less than 150 consecutive days nor more than 12 years, as well as a fine of up to \$5,000, which may also include other collateral consequences; and
- For the sixth and subsequent offenses, imprisonment of not less than 150 consecutive days nor more than 15 years, as well as a fine of up to \$10,000, which may also include other collateral consequences
- Reckless killing another person by the operation of an automobile, airplane, motorboat or other motor vehicle, as a proximate result of the driver's intoxication, which is punishable by imprisonment of between eight and 30 years and a fine of up to \$25,000;
- Recklessly causing serious bodily injury to another person by the operation of a motor vehicle as the proximate result of the person's intoxication, which is punishable by imprisonment of between two and 12 years in prison, the prohibition of driving a vehicle in the state for at least one year and a fine up to \$5,000;
- Consuming any alcoholic beverage or beer or possessing an open container of alcoholic beverage or beer while operating a motor vehicle, which is punishable by a fine of up to \$50;
- Manufacturing, delivering, selling or possessing with the intent to manufacture, deliver or sell a controlled substance, which is punishable by imprisonment of between one and 60 years and a fine of between \$1,000 and \$500,000, depending on the type and quantity of the controlled substance;
- Knowingly possessing or casually exchanging a controlled substances not obtained directly from a valid prescription, which is punishable by imprisonment of up to 11 months 29 days and/or a fine of up to \$2,500, unless the substance is methamphetamine, which is punishable by imprisonment of not less than 30 days, or there is a casual exchange to a minor from an adult at least two years older than the minor, which is punishable by imprisonment of between one and 60 years and a fine of between \$1,000 and \$500,000, depending on the type and quantity of the controlled substance;
- Distributing a small amount of marijuana not in excess of one-half ounce, which is punishable by imprisonment of up to 11 months 29 days and/or a fine of up to \$2,500;

- Intentionally smelling or inhaling the fumes from any glue, paint, gasoline, aerosol, chlorofluorocarbon gas or other substance containing a solvent having the property of releasing toxic vapors or fumes for the purpose of causing a condition of intoxication, inebriation, elation, dizziness, excitement, stupefaction, paralysis, or the dulling of the brain or nervous system, or disturbing or distorting of the audio or visual processes, which is punishable by imprisonment of up to 11 months 29 days and/or a fine of up to \$2,500;
- Using or possessing for the purpose of using any glue containing a solvent having the property of releasing toxic vapors or fumes, which is punishable by imprisonment of up to 11 months 29 days and/or a fine of up to \$2,500;
- Selling, offering to sell, delivering or giving away, to any person any tube or other container of glue, paint, gasoline, aerosol, chlorofluorocarbon gas or any other substance containing a solvent having the property of releasing toxic vapors or fumes, if the person has reasonable cause to suspect that the product will be used for the purpose of smelling or inhaling the fumes, which is punishable by imprisonment of between one and six years and a fine of up to \$3,000;
- Selling, delivering, distributing or manufacturing for sale or exchange a substance that is represented to be a controlled substance and which is substantially similar in color, shape, size and markings to a Schedule I, II, III, or IV controlled substance, which is punishable by imprisonment of between one and six years and a fine of up to \$3,000;
- Receiving a sale or exchange of a substance that is represented to be a controlled substance and which is substantially similar in color, shape, size and markings to a Schedule I, II, III, or IV controlled substance, which is punishable by imprisonment of up to 11 months 29 days and/or a fine of up to \$2,500;
- Selling, delivering or possessing the seeds of jimsonweed on the premises of any school, grades kindergarten through twelve, which is punishable by imprisonment of up to 11 months 29 days and/or a fine up to \$2,500; and
- Knowingly or intentionally manufacturing or delivering, or possessing with the intent to manufacture or deliver, an anabolic steroid, which is punishable by imprisonment of between two and 12 years and a fine of up to \$50,000.

## FEDERAL TRAFFICKING PENALTIES

DRUG/SCHEDULE	QUANTITY	PENALTIES	QUANTITY	PENALTIES
Cocaine (Schedule II)	500-4999 grams mixture	<b>First Offense:</b> 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.	5 kgs or more mixture	<b>First Offense:</b> 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.
Cocaine Base (Schedule II)	28-279 grams mixture		280 grams or more mixture	
Fentanyl (Schedule II)	40-399 grams mixture		400 grams or more mixture	
Fentanyl Analogue (Schedule I)	10-99 grams mixture		100 grams or more mixture	

DRUG/SCHEDULE	QUANTITY	PENALTIES	QUANTITY	PENALTIES
Heroin (Schedule I)	100-999 grams mixture	<b>Second Offense:</b> 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.	1 kg or more mixture	<b>Second Offense:</b> 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.  <b>Two or More Prior Offenses:</b> Life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual.
LSD (Schedule I)	1-9 grams mixture		10 grams or more mixture	
Methamphetamine (Schedule II)	5-49 grams pure or mixture		50 grams or more pure or mixture	
	50-499 grams mixture		500 grams or more mixture	
PCP (Schedule II)	10-99 grams pure or 100-999 grams mixture		100 gm or more pure or 1 kg or more mixture	

DRUG/SCHEDULE	QUANTITY	PENALTIES
Other Schedule I & II drugs (and any drug product containing Gamma Hydroxybutyric Acid)	Any amount	<b>First Offense:</b> 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.  <b>Second Offense:</b> 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	
Other Schedule III drugs	Any amount	<b>First Offense:</b> 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.  <b>Second Offense:</b> 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	<b>First Offense:</b> Not more than 5 yrs. Fine not more than \$250,000 if an individual, \$1 million if not an individual.  <b>Second Offense:</b> 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	
All Schedule V drugs	Any amount	<b>First Offense:</b> Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual.  <b>Second Offense:</b> Not more than 4 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.

## FEDERAL TRAFFICKING PENALTIES – MARIJUANA

DRUG	QUANTITY	1st OFFENSE	2nd OFFENSE *
Marijuana (Schedule I)	1,000 kg or more marijuana mixture; or 1,000 or more marijuana plants	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 life. Fine not more than \$10 million if an individual, \$50 million if other than an individual.	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.
Marijuana (Schedule I)	100 kg to 999 kg marijuana mixture; or 100 to 999 marijuana plants	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 life. Fine not more than \$5 million if an individual, \$25 million if other than an individual.	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.
Marijuana (Schedule I)	More than 10 kgs hashish; 50 to 99 kg marijuana mixture  More than 1 kg of hashish oil; 50 to 99 marijuana plants	Not less 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.	Not less than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if other than an individual.
Marijuana (Schedule I)	Less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight) marijuana plants;  1 to 49 marijuana plants;	Not less than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual	Not less than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual
Hashish (Schedule I)	10 kg or less		
Hashish Oil (Schedule I)	1 kg or less		

\* 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.

## HEALTH RISKS

### Alcohol's Effects on the Body

Source: National Institute on Alcohol Abuse and Alcoholism (NIH)

<https://www.niaaa.nih.gov/alcohols-effects-health/alcohols-effects-body>

Drinking too much – on a single occasion or over time – can take a serious toll on your health. Here's how alcohol can affect your body:



*Brain:*

Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.

*Heart:*

Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including:

- Cardiomyopathy – Stretching and drooping of heart muscle
- Arrhythmias – Irregular heart beat
- Stroke
- High blood pressure

*Liver:*

Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including:

- Steatosis, or fatty liver
- Alcoholic hepatitis
- Fibrosis
- Cirrhosis

*Pancreas:*

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

*Cancer:*

*Source: National Cancer Institute*

<https://www.cancer.gov/about-cancer/causes-prevention/risk/alcohol/alcohol-fact-sheet>

Based on extensive reviews of research studies, there is a strong scientific consensus of an association between alcohol drinking and several types of cancer. In its Report on Carcinogens, the National Toxicology Program of the US Department of Health and Human Services lists consumption of alcoholic beverages as a known human carcinogen. The research evidence indicates that the more alcohol a person drinks — particularly the more alcohol a person drinks regularly over time — the higher his or her risk of developing an alcohol-associated cancer. Based on data from 2009, an estimated 3.5 percent of all cancer deaths in the United States (about 19,500 deaths) were alcohol related.

Clear patterns have emerged between alcohol consumption and the development of the following types of cancer:

- Head and neck cancer: Alcohol consumption is a major risk factor for certain head and neck cancers, particularly cancers of the oral cavity (excluding the lips), pharynx (throat), and larynx (voice box). People who consume 50 or more grams of alcohol

per day (approximately 3.5 or more drinks per day) have at least a two to three times greater risk of developing these cancers than nondrinkers. Moreover, the risks of these cancers are substantially higher among persons who consume this amount of alcohol and also use tobacco.

- **Esophageal cancer:** Alcohol consumption is a major risk factor for a particular type of esophageal cancer called esophageal squamous cell carcinoma. In addition, people who inherit a deficiency in an enzyme that metabolizes alcohol have been found to have substantially increased risks of alcohol-related esophageal squamous cell carcinoma.
- **Liver cancer:** Alcohol consumption is an independent risk factor for, and a primary cause of, liver cancer (hepatocellular carcinoma). (Chronic infection with hepatitis B virus and hepatitis C virus are the other major causes of liver cancer.)
- **Breast cancer:** More than 100 epidemiologic studies have looked at the association between alcohol consumption and the risk of breast cancer in women. These studies have consistently found an increased risk of breast cancer associated with increasing alcohol intake. A meta-analysis of 53 of these studies (which included a total of 58,000 women with breast cancer) showed that women who drank more than 45 grams of alcohol per day (approximately three drinks) had 1.5 times the risk of developing breast cancer as nondrinkers (a modestly increased risk). The risk of breast cancer was higher across all levels of alcohol intake: for every 10 grams of alcohol consumed per day (slightly less than one drink), researchers observed a small (7 percent) increase in the risk of breast cancer.  
The Million Women Study in the United Kingdom (which included more than 28,000 women with breast cancer) provided a more recent, and slightly higher, estimate of breast cancer risk at low to moderate levels of alcohol consumption: every 10 grams of alcohol consumed per day was associated with a 12 percent increase in the risk of breast cancer.
- **Colorectal cancer:** Alcohol consumption is associated with a modestly increased risk of cancers of the colon and rectum. A meta-analysis of 57 cohort and case-control studies that examined the association between alcohol consumption and colorectal cancer risk showed that people who regularly drank 50 or more grams of alcohol per day (approximately 3.5 drinks) had 1.5 times the risk of developing colorectal cancer as nondrinkers or occasional drinkers. For every 10 grams of alcohol consumed per day, there was a small (7 percent) increase in the risk of colorectal cancer.

#### *Immune System:*

Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Drinking a lot on a single occasion slows your body's ability to ward off infections – even up to 24 hours after getting drunk.

#### Drugs' Effects on the Body

*Source: Drugs of Abuse: A DEA Resource Guide, 2020 Edition, Drug Enforcement Administration, U.S. Department of Justice*

[https://www.dea.gov/sites/default/files/2020-04/Drugs%20of%20Abuse%202020-Web%20Version-508%20compliant-4-24-20\\_0.pdf](https://www.dea.gov/sites/default/files/2020-04/Drugs%20of%20Abuse%202020-Web%20Version-508%20compliant-4-24-20_0.pdf)

All controlled substances have abuse potential or are immediate precursors to substances with abuse potential. In addition to having abuse potential, most controlled substances are capable of producing dependence, either physical or psychological. In the sections that follow, the effects on the mind of body of various classes of drugs are profiled.

*Narcotics (e.g., Fentanyl; Heroin; Hydromorphone; Methadone; Morphine; Opium; Oxycodone)*

- **Effect on the Mind:**  
Besides their medical use, narcotics/opioids produce a general sense of well-being by reducing tension, anxiety, and aggression. These effects are helpful in a therapeutic setting but contribute to the drugs' abuse. Narcotic/opioid use comes with a variety of unwanted effects, including drowsiness, inability to concentrate, and apathy.
- **Effect on the Body:**  
Narcotics/opioids are prescribed by doctors to treat pain, suppress cough, cure diarrhea, and put people to sleep. Effects depend heavily on the dose, how it's taken, and previous exposure to the drug. Negative effects include slowed physical activity, constriction of the pupils, flushing of the face and neck, constipation, nausea, vomiting, and slowed breathing. As the dose is increased, both the pain relief and the harmful effects become more pronounced. Some of these preparations are so potent that a single dose can be lethal to an inexperienced user. However, except in cases of extreme intoxication, there is no loss of motor coordination or slurred speech.

*Stimulants (e.g., Amphetamines; Cocaine; Khat; Methamphetamine)*

- **Effect on the Mind:**  
When used as drugs of abuse and not under a doctor's supervision, stimulants are frequently taken to produce a sense of exhilaration, enhance self-esteem, improve mental and physical performance, increase activity, reduce appetite, extend wakefulness for prolonged periods, and "get high." Chronic, high-dose use is frequently associated with agitation, hostility, panic, aggression, and suicidal or homicidal tendencies. Paranoia, sometimes accompanied by both auditory and visual hallucinations, may also occur. Tolerance, in which more and more drug is needed to produce the usual effects, can develop rapidly, and psychological dependence occurs. In fact, the strongest psychological dependence observed occurs with the more potent stimulants, such as amphetamine, methylphenidate, methamphetamine, cocaine, and methcathinone. Abrupt cessation is commonly followed by depression, anxiety, drug craving, and extreme fatigue, known as a "crash."
- **Effect on the Body:**  
Stimulants are sometimes referred to as uppers and reverse the effects of fatigue on both mental and physical tasks. Therapeutic levels of stimulants can produce exhilaration, extended wakefulness, and loss of appetite. These effects are greatly intensified when large doses of stimulants are taken. Taking too large a dose at one time or taking large doses over an extended period of time may cause such physical

side effects as dizziness, tremors, headache, flushed skin, chest pain with palpitations, excessive sweating, vomiting, and abdominal cramps.

#### *Depressants (e.g., Barbiturates; Benzodiazepines; GHB; Rohypnol)*

- **Effect on the Mind:**  
Depressants used therapeutically do what they are prescribed for: induce sleep, relieve anxiety and muscle spasms, and prevent seizures. They also cause amnesia (leaving no memory of events that occur while under the influence), reduce reaction time, impair mental functioning and judgment, and cause confusion. Long-term use of depressants produces psychological dependence and tolerance.
- **Effect on the Body:**  
Some depressants can relax the muscles. Unwanted physical effects include slurred speech, loss of motor coordination, weakness, headache, lightheadedness, blurred vision, dizziness, nausea, vomiting, low blood pressure, and slowed breathing. Prolonged use of depressants can lead to physical dependence even at doses recommended for medical treatment. Unlike barbiturates, large doses of benzodiazepines are rarely fatal unless combined with other drugs or alcohol. But unlike the withdrawal syndrome seen with most other drugs of abuse, withdrawal from depressants can be life threatening.

#### *Hallucinogens (e.g., Ecstasy/MDMA; Ketamine; LSD; Peyote and Mescaline; Psilocybin)*

- **Effect on the Mind:**  
Sensory effects include perceptual distortions that vary with dose, setting, and mood. Psychic effects include distortions of thought associated with time and space. Time may appear to stand still, and forms and colors seem to change and take on new significance. Weeks or even months after some hallucinogens have been taken, the user may develop an uncommon disorder called Hallucinogen Persisting Perception Disorder (HPPD) or experience “flashbacks.” HPPD can include fragmentary recurrences of certain aspects of the drug experience in the absence of actually taking the drug. The occurrence of HPPD is unpredictable, but may be more likely to occur during times of stress and seems to occur more frequently in younger individuals.
- **Effect on the Body:**  
Physiological effects include elevated heart rate, increased blood pressure, dilated pupils, and often can induce nausea and vomiting.

#### *Steroids*

- **Effect on the Mind:**  
Case studies and scientific research indicate that high doses of anabolic steroids may cause mood and behavioral effects. In some individuals, anabolic steroid use can cause dramatic mood swings, increased feelings of hostility, impaired judgment, and increased levels of aggression (often referred to as “roid rage”). When users stop taking steroids, they may experience depression that may be severe enough to lead

one to commit suicide. Anabolic steroid use may also cause psychological dependence and addiction.

- **Effect on the Body:**

A wide range of adverse effects is associated with the use or abuse of anabolic steroids. These effects depend on several factors including age, sex, the anabolic steroid used, amount used, and duration of use. In adolescents, anabolic steroid use can stunt the ultimate height that an individual might otherwise achieve. In boys, anabolic steroid use can cause early sexual development, acne, and stunted growth. In adolescent girls and women, anabolic steroid use can induce permanent physical changes, such as deepening of the voice, increased facial and body hair growth, menstrual irregularities, male pattern baldness, and lengthening of the clitoris. In men, anabolic steroid use can cause shrinkage of the testicles, reduced sperm count, enlargement of the male breast tissue, sterility, and an increased risk of prostate cancer. In both men and women, anabolic steroid use can cause high cholesterol levels, which may increase the risk of coronary artery disease, strokes, and heart attacks. Anabolic steroid use can also cause acne and fluid retention. Oral preparations of anabolic steroids, in particular, can damage the liver.

Users who inject anabolic steroids run the risk of contracting various infections due to non-sterile injection techniques, sharing of contaminated needles, and the use of steroid preparations manufactured in non-sterile environments. All these factors put users at risk for contracting viral infections such as HIV/AIDS or hepatitis B or C, and bacterial infections at the sight of injection. Users may also develop endocarditis, a bacterial infection that causes a potentially fatal inflammation of the heart lining.

### *Marijuana/Cannabis*

- **Effect on the Mind:**

When marijuana is smoked, the active ingredient THC passes from the lungs and into the bloodstream, which carries the chemical to the organs throughout the body, including the brain. In the brain, THC connects to specific sites called cannabinoid receptors on nerve cells and influences the activity of those cells. Many of these receptors are found in the parts of the brain that influence pleasure, memory, thought, concentration, sensory and time perception, and coordinated movement. The short-term effects of marijuana include problems with memory and learning, distorted perception, difficulty in thinking and problem-solving, and loss of coordination.

The effect of marijuana on perception and coordination are responsible for serious impairments in learning, associative processes, and psychomotor behavior (driving abilities). Long term, regular use can lead to physical dependence and withdrawal following discontinuation, as well as psychological addiction or dependence. Clinical studies show that the physiological, psychological, and behavioral effects of marijuana vary among individuals and present a list of common responses to cannabinoids, as described in the scientific literature:

- Dizziness, nausea, tachycardia, facial flushing, dry mouth, and tremor initially

- Merriment, happiness, and even exhilaration at high doses
  - Disinhibition, relaxation, increased sociability, and talkativeness
  - Enhanced sensory perception, giving rise to increased appreciation of music, art, and touch
  - Heightened imagination leading to a subjective sense of increased creativity
  - Time distortions
  - Illusions, delusions, and hallucinations are rare except at high doses
  - Impaired judgment, reduced coordination, and ataxia, which can impede driving ability or lead to an increase in risk-taking behavior
  - Emotional lability, incongruity of affect, dysphoria, disorganized thinking, inability to converse logically, agitation, paranoia, confusion, restlessness, anxiety, drowsiness, and panic attacks may occur, especially in inexperienced users or in those who have taken a large dose
  - Increased appetite and short-term memory impairment are common
- **Effect on the Body:**  
Short-term physical effects from marijuana use may include sedation, bloodshot eyes, increased heart rate, coughing from lung irritation, increased appetite, and increased blood pressure (although prolonged use may cause a decrease in blood pressure). Marijuana smokers experience serious health problems such as bronchitis, emphysema, and bronchial asthma. Extended use may cause suppression of the immune system. Withdrawal from chronic use of high doses of marijuana causes physical signs including headache, shakiness, sweating, and stomach pains and nausea. Withdrawal symptoms also include behavioral signs such as restlessness, irritability, sleep difficulties, and decreased appetite.

### *Inhalants*

- **Effect on the Mind:**  
Inhalant abuse can cause damage to the parts of the brain that control thinking, moving, vision, and hearing. Cognitive abnormalities can range from mild impairment to severe dementia.
- **Effect on the Body:**  
Inhaled chemicals are rapidly absorbed through the lungs into the bloodstream and quickly distributed to the brain and other organs. Nearly all inhalants produce effects similar to anesthetics, which slow down the body's function. Depending on the degree of abuse, the user can experience slight stimulation, feeling of less inhibition, or loss of consciousness.

Within minutes of inhalation, the user experiences intoxication along with other effects similar to those produced by alcohol. These effects may include slurred speech, an inability to coordinate movements, euphoria, and dizziness. After heavy use of inhalants, users may feel drowsy for several hours and experience a lingering headache.

Additional symptoms exhibited by long-term inhalant users include:

- Weight loss, muscle weakness, disorientation, inattentiveness, lack of coordination, irritability, depression, and damage to the nervous system and other organs
- Some of the damaging effects to the body may be at least partially reversible when inhalant abuse is stopped; however, many of the effects from prolonged abuse are irreversible.
- Prolonged sniffing of the highly concentrated chemicals in solvents or aerosol sprays can induce irregular and rapid heart rhythms and lead to heart failure and death within minutes. There is a common link between inhalant use and problems in school – failing grades, chronic absences, and general apathy.

Other signs include:

- Paint or stains on body or clothing; spots or sores around the mouth; red or runny eyes or nose; chemical breath odor; drunk, dazed, or dizzy appearance; nausea; loss of appetite; anxiety; excitability; and irritability.

## **AVAILABLE RESOURCES FOR COUNSELING, TREATMENT AND REHABILITATION**

The following services are available through the University Counseling Center for those students who are struggling with substance abuse problems:

- Assessment;
- Referral for moderate and/or frequent use;
- Individual therapy for mild and/or sporadic use;
- Family and/or relational therapy as an extension of individual therapy; and
- Educational prevention programs/groups.

Students may obtain the above services on a confidential basis by contacting the University Counseling Center. Below is a list of external resources for treatment options. Lipscomb does not have a contractual agreement with any of the listed resources.

- |  |                |
|--|----------------|
| • Alcoholics Anonymous                               | 615-831-1050   |
| • Narcotics Anonymous                                | 1-800-677-1462 |
| • Center for Alcohol & Drug Treatment                | 1-800-284-2216 |
| • Cumberland Heights Alcohol & Drug Treatment Center | 615-356-2700   |
| • Tennessee Christian Medical Center                 | 615-865-0300   |
| • Vanderbilt Addiction Center                        | 615-936-3555   |

## **CONTACT**

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For additional information or questions concerning this policy with respect to students, please contact the Office of Student Life at 615-966-6057. For additional information or questions concerning this policy with respect to employees, please contact the Office of Human Resources at 615-966-7004.

## **EFFECTIVE DATE**

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This policy was approved by Lipscomb's Executive Leadership Team on July 24, 2024.