



*North Carolina Central University's
2023 Drug and Alcohol Abuse
Prevention Program Report*



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INTRODUCTION OF THE DRUG AND ALCOHOL ABUSE PREVENTION PROGRAM REPORT (DAAPP)

Purpose, Preparation, Publication, and Distribution of the DAAPP

Substance misuse and abuse pose a significant national problem resulting in consequences such as assaultive and self-destructive behavior, property damage, and loss of life. North Carolina Central University (“University”) is concerned about the harmful effects of illegal and abusive drug and alcohol practices in and around our campus community. The University is committed to establishing policies and regulations that promote a safe and healthy environment. It is the responsibility of the campus community – students, faculty, and staff – in protecting and promoting that environment, and all are expected to exemplify high standards of professional and personal conduct.

The University provides appropriate prevention interventions through education and treatment. These actions represent a part of the University’s comprehensive effort to maintain an environment that supports and encourages wellness, including appropriate decision-making about responsible alcohol use and abstinence from the use of illicit substances.

The University also recognizes that many choose not to consume alcohol or other substances for personal, medical, family, religious, or other reasons. Every member of the campus community has the right to live, work, and learn in an environment that respects and supports abstinence. This document articulates the updated policies and procedures governing the use and/or possession of alcohol at the university to assist faculty, staff, students, alumni, and guests in planning for and making intelligent/responsible/legal decisions regarding alcohol.

The Drug and Alcohol Abuse Prevention Programs (DAAPP) at the University seek to help students, faculty, and staff develop responsible attitudes toward illicit drug and alcohol use and to inform members of the university community on the repercussions of alcohol and/or illicit drug use on campus property.

In accordance with The Drug-Free Schools and Communities Act (DFSCA) and Part 86 of the Department of Education’s General Administrative Regulations, all institutions of higher learning are required to develop and implement drug and alcohol abuse education and prevention programs designed to prevent illegal possession, use, and distribution of drugs and alcohol on university property. In addition, the university conducts a biennial review of its Drug and Alcohol Abuse Prevention Program (DAAPP) to determine its effectiveness and implement changes to the program if they are needed and ensure that any disciplinary sanctions are consistently enforced. The federal regulation also requires certain reporting and information distribution methods. The DAAPP Report is distributed annually via electronic mail to current employees and students and continuously as new employees and students enter the university throughout the year. The report is also made available to prospective students and employees. The report is prepared by the DAAPP committee which consists of university employees within the University Police Department, Office of Legal Affairs, the Counseling Center, the Office of Human Resources, Student Health, Student Conduct & Community Standards, and the Office of the Dean of Students.

UNIVERSITY POLICIES, STANDARDS OF CONDUCT, AND SANCTIONS

North Carolina Central University will impose disciplinary sanctions on students and employees (consistent with local, State, and Federal law), up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct. A student or employee who violates the DAAPP is subject both to the institution’s sanctions and to criminal sanctions provided by federal, state, and local law.

Student Standards of Conduct Regarding Illicit Drugs and Alcohol

North Carolina Central University explicitly prohibits the unlawful possession, use, or distribution of illicit drugs by students and employees on its property or as part of any of its activities. These include on or off-campus activities sponsored by the institution such as officially sanctioned field trips, student-sponsored social activities, activities of a student organization recognized in an official capacity by the institution, professional meetings attended by students or employees, and any institution-sponsored activities abroad. NCCU's Policy on Alcoholic Beverages provides that no student under the age of twenty-one (21) may purchase, possess, or consume any alcoholic beverages anywhere on the campus of NCCU.

No student shall be in an intoxicated condition which may be evidenced by disorderly, obscene, or indecent conduct or appearance while on campus or at a university-approved event off-campus. No student shall furnish or cause to be furnished any alcoholic beverage to any person under the legal drinking age.

Student disciplinary referrals will follow the process outlined in Section 9 of the university's [Student Code of Conduct](#). Currently, the university does not have specific sanctions or consequences that correlate with specific incidents, offenses, or violations of campus policy. Penalties to be imposed by NCCU will vary depending upon the nature and seriousness of the offense and may include a range of disciplinary actions up to and including expulsion from enrollment and discharge from employment. The University may also refer matters to law enforcement.

NCCU Student Code of Conduct: <https://www.nccu.edu/policies/retrieve/19?id=442>

Employee Standards of Conduct Regarding Illicit Drugs and Alcohol

Drug Policy:

An employee found to have violated applicable law or University policies concerning illegal drugs may be required to participate in a drug education and counseling program, consent to regular drug testing, and accept such other conditions and restrictions, including a program of community service, as the Chancellor, or his/her designee, deems appropriate. Refusal or failure to abide by such conditions and restrictions may result in additional disciplinary action, up to and including, expulsion from enrollment and discharge from employment.

Students, faculty, and staff are responsible, as citizens, for knowing about and complying with the provisions of North Carolina law that make it a crime to possess, sell, deliver, or manufacture those drugs designated collectively as "controlled substances" in Article 5 of Chapter 90 of the General Statutes. An employee who violates applicable law or University policies concerning illegal drugs may be subject to disciplinary action of both university and the state. It is not "double jeopardy" for both University and state to prosecute a person for the same violation of conduct. The University will conduct its disciplinary procedures for a person who is believed to be in violation of the interest of the University.

NCCU Policy on Illegal Drugs

Tobacco Policy:

NCCU also has a Smoke and Tobacco-Free Campus Policy, that prohibits smoking inside of its buildings that constitute University property and within 25 feet of any entrance of a University building including indoor and outdoor facilities owned, leased, or controlled by NCCU, including but not limited to residence halls, academic and auxiliary buildings, athletic complexes and facilities, sidewalks, green spaces, parking lots and roadways, parking facilities, bus depots, and all University-owned vehicles as of the Effective

Date of this Policy. Smoking is defined as burning any type of tobacco product including, but not limited to, cigarettes, electronic and/or vaporized cigarettes, cigars, cigarillos, pipes, and bidis. Tobacco products may include any product containing, made, or derived from tobacco that is intended for human consumption, whether chewed, smoked, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means, or any component, part, or accessory of a tobacco product. A tobacco product excludes any product that has been approved by the United States Food and Drug Administration for sale as a tobacco cessation product, as a tobacco dependence product, or for other medical purposes, and is being marketed and sold solely for such an approved purpose (e.g., nicotine gum, patches, or lozenges). The sale or free distribution of tobacco products including merchandise is prohibited on campus or at school events.

Any University employee who violates this Policy should be reminded of the Policy and asked to comply by putting out the lighted tobacco product. If an employee fails to comply with this policy, the employee's immediate supervisor should be contacted. The immediate supervisor will follow up with the employee to remind him/her about this Policy and available resources. Continuing violations may also result in appropriate corrective action under the applicable disciplinary policy as well as State prosecution for any violation of State Law and Policies.

[NCCU Smoke and Tobacco-Free Campus Policy](#)

Alcohol Policy:

Policies on Alcoholic Beverages have been established by NCCU, to maintain an environment that supports and encourages wellness, including appropriate decision-making about alcohol use.

- With respect to provisions of this policy that allow possession or consumption of "alcohol" or "alcoholic beverages", those terms refer to beer or unfortified wine unless an ABC permit allowing service of fortified wine, spirituous liquor, and mixed beverages has been issued. Alcoholic Beverage - Any beverage containing at least one-half of one percent alcohol by volume including malt beverages, unfortified wine, spirituous liquor, and mixed beverages.
- Malt beverage - Beer, lager, malt, liquor, ale, porter, and any other brewed or fermented beverage containing at least one-half of one percent, and not more than six (6) percent alcohol by volume.
- Unfortified Wine - any wine of sixteen percent (16%) or less alcohol by volume, made by fermentation from grapes, fruits, berries, rice, or honey; or by the addition of pure cane, any wine of sixteen percent (16%) or less alcohol by volume, made by fermentation from grapes, fruits, berries, rice, or honey; or by the addition of pure cane, beet, or dextrose sugar; or by the addition of pure brandy from the same type of grape, fruit, berry, rice, or honey that is contained in the base wine and produced in accordance with the regulations of the United States.

The sale, service, possession, and consumption of alcoholic beverages are strictly regulated by state statutes and local ordinances. It is against the law for anyone to sell or give any alcoholic beverage to a person under twenty-one (21) or to aid or abet such a person is selling, purchasing, or possessing any alcoholic beverage. Pertinent provisions of North Carolina law and the City of Durham ordinance are set out below to inform the University community of these legal restrictions. Any member of the University community who violates North Carolina law or city ordinance may be subject to both criminal prosecution and to disciplinary proceedings by the University.

Possession and consumption of alcoholic beverages are strictly prohibited on campus, or other University-owned property, except in limited circumstances. Possession and consumption are allowed by graduate and professional school organizations, employees, and community organizations at special activities and programs subject to the following conditions. All such activities and programs shall be restricted to closed events and areas specified by the Vice Chancellor for Student Affairs (SA) with other exceptions shall be

designated by the Chancellor and subject to the approval of the Vice-Chancellor for SA. Events at which alcoholic beverages may be consumed can be held only under circumstances in which the host organizations demonstrate reasonable means of ensuring the safety of participants and adherence to state and local laws and university policy, solely determined by the University. The sponsor or advisor to the organization must be present for the entire event and must file an NCCU Alcohol Beverage Permit and Statement of Responsibility with the Vice Chancellor for SA seven (7) calendar days before the event. University Police must be present for the entire event and alcoholic beverages shall be used only as complements to an event, not as the main focus. Common source container alcohols (e.g., kegs) are not permitted and a sufficient amount of non-alcoholic beverages must be available and featured as prominently as the alcoholic beverages. Consumption of alcoholic beverages is only permitted within the approved area designated for the event. The sponsor or advisor to the organization shall ensure that each person entering an event is checked for proof of legal drinking age. Only the following will be accepted as valid identification: driver's license with picture, driver's license without picture along with both social security card and another form of picture identification, military identification card; passport, or special identification card with picture obtained from the N.C. Department of Motor Vehicles. Organizations may only serve malt beverages and unfortified wines and all alcohol must be discontinued one (1) hour before the event ends. Persons attending the event are prohibited from consuming or possessing any alcoholic beverage other than the alcoholic beverages provided at the event and may not bring their own alcoholic beverages with them to the event.

Consistent with North Carolina law, the possession and consumption of alcoholic beverages by those 21 years of age or older is permitted in one's residence hall room, suite or apartment or in another room, suite or apartment with the consent of the resident, provided the resident is also 21 years of age or older. The consumption of alcoholic beverages is prohibited in the common spaces of University Housing facilities, including, but not limited to, hallways, stairwells, elevators, and courtyards. Common source containers are prohibited. This policy works in conjunction with the Student Code of Conduct, the Residential Life Community Living Standards, and North Carolina State Law.

[NCCU Policy on Alcoholic Beverages](#)

Drug-Free Workplace Requirements

In compliance with the Drug-Free Workplace Act of 1988, the North Carolina Office of State Human Resources (OSHR) has a longstanding commitment to providing a safe, quality-oriented, and productive work environment. OSHR has implemented a Drug and Alcohol-Free Workplace policy that applies to each individual who is employed at an agency within the State of North Carolina. Each agency is responsible for notifying their employees of the Drug and Alcohol-Free Workplace policy and encouraging those employees impacted by drugs and alcohol to utilize the services offered by the free of cost Employee Assistance Program. The university is responsible for clearly establishing procedures to conduct drug and alcohol testing as it poses a threat to the health and safety of our employees and to the security of the university's equipment and facilities. For these reasons, the university's Department of Human Resources (HR) is committed to the elimination of drug and alcohol use and abuse in our workplace. HR is responsible for administering policies outlined in NCCU'S DAAPP report and must inform any employees who fail to comply of consequences that may result including disciplinary action up to and including dismissal.

[North Carolina Controlled Substances Act](#) (N.C. Gen Stat. § 90-86 (1971))

Institutional Alcohol and Drug Use Policies and Guidelines

Below is information and related policies and guidelines on alcohol and drug use from various departments in the university and the State of North Carolina's university system.

Policies, Regulations, and Rules of North Carolina Central University

1. **Policy on Drug/Alcohol Education and Testing Program (POL – 60.00.1):** This policy covers drug testing for student-athletes. This program was implemented to comply with the NCAA year-round drug testing program, provide a drug-free lifestyle for NCCU athletes, prevent drug abuse or misuse, and provide necessary treatment and education for student-athletes. <https://www.nccu.edu/policies/retrieve/22>
2. **Sexual Harassment Policy (POL – 01.04.2):** This policy addresses concerns regarding sexual harassment allegations and provides guidelines on how to address these allegations. This policy explicitly states that sexual interactions are “without consent” if someone is incapacitated due to alcohol or illegal drugs. <https://www.nccu.edu/policies/retrieve/3>
3. **Policy on Illegal Drugs (POL – 40.01.1):** This policy provides for education, counseling, rehabilitation, and elimination of illegal drug use by students, faculty, administrators, and staff. <https://www.nccu.edu/policies/retrieve/15>
4. **Smoke and Tobacco-Free Campus Policy (POL – 40.01.3):** This policy prohibits smoking inside of its buildings and facilities that constitute University property and within 25 feet of any entrance of a university building. This policy seeks to prevent fire hazards from smoking indoors as well as the health of faculty, staff, students, and administrators that may be affected by the use of smoke and tobacco products. <https://www.nccu.edu/policies/retrieve/17>
5. **Student Code of Conduct (POL – 40.13.1):** This policy addresses university rules, standards, and regulations with which students are expected to comply. This policy defines controlled substances and drug paraphernalia and also addresses the issue of driving while impaired. <https://www.nccu.edu/policies/retrieve/19>
6. **Policy on Alcoholic Beverages (POL – 40.13.2):** This policy provides rules and regulations related to alcohol use on campus and the university’s provision of prevention education and alternative activities for students, faculty, staff, alumni, and guests. This policy also provides limited exceptions that allow for the sale, possession, and consumption of alcohol on campus or university-owned property. <https://www.nccu.edu/policies/retrieve/20>
7. **Mid-Eastern Athletic Department Recruiting Procedure Statement Policy (POL – 60.00.2):** This policy addresses NCCU’s process for recruiting student-athletes and contains a provision that prohibits recruiting activities where the underage use of alcohol and the use of illegal drugs occur. <https://www.nccu.edu/policies/retrieve/23>
8. **Policy Statement on Intercollegiate Athletics (POL – 60.00.3):** This policy addresses the establishment and supervision of intercollegiate athletics at NCCU and provides for the establishment of a drug education prevention program to assist student-athletes in understanding the problems and effects associated with drugs. <https://www.nccu.edu/policies/retrieve/24>
9. **Unmanned Aircraft Systems (UAS) Regulation (REG – 30.01.8):** The purpose of this regulation is to ensure compliance with applicable regulations regarding the safe operation of unmanned aircraft systems (UAS) and mitigation of any risks to individuals and property that may be affected by UAS operations. This regulation prohibits the operation and use of UAS while under the influence of alcohol and drugs. <https://www.nccu.edu/policies/retrieve/57>
10. **Travel (REG – 30.04.6):** The purpose of this regulation is to address rules and regulations regarding the safe travel of students, faculty, and staff conducting university business. This regulation restricts students, faculty, and staff from being reimbursed for the purchase of alcoholic beverages while traveling on university business.

- <https://www.nccu.edu/policies/retrieve/66>
11. **Chemical Hazard Communication Regulation (REG – 30.07.1):** The purpose of this regulation is to protect the safety and health of employees who are exposed to hazardous chemicals at the University. This regulation states that the University is required to maintain a record of any potential employee exposure to hazardous chemicals, but also states that the University may not keep a record that provides biological monitoring results of an employees' use of alcohol or drugs.
<https://www.nccu.edu/policies/retrieve/89>
 12. **Medical Amnesty Regulation (REG – 40.01.4):** The purpose of this regulation is to remove barriers and increase the likelihood that students who require emergency medical assistance as a result of alcohol or drug consumption will receive such assistance. This regulation provides students with an opportunity to ask for and receive a caring medical intervention that will not result in disciplinary action from the Office of Student Conduct and Community Standards. <https://www.nccu.edu/policies/retrieve/91>
 13. **Unpaid Volunteers, Guest Researchers, Interns, and Visiting Scholars Regulation (REG – 80.01.1):** The purpose of this regulation is to provide specific procedures and requirements governing individuals who serve as unpaid volunteers, guest researchers, interns, and visiting scholars at NCCU. This regulation requires adherence to all University policies, including those that address drug use. <https://www.nccu.edu/policies/retrieve/118>
 14. **Protection of Minors on Campus Regulation (REG – 80.07.1):** The purpose of this regulation is to provide a safe environment for all minors who are visiting NCCU or participating in University programs. This regulation prohibits individuals with serious driving-related convictions due to drugs from transporting minors as part of their duties, prohibits individuals from engaging in inappropriate conversations with minors about drugs or alcohol, and prohibits individuals working in programs from possessing illegal drugs and being under the influence of alcohol and drugs. <https://www.nccu.edu/policies/retrieve/133>
 15. **Special Events (RUL – 30.01.14):** The purpose of this rule is to outline the guidelines for hosting special events at NCCU. This rule prohibits the use of illegal drugs at all University events and also prohibits the sale or use of alcohol at all University events, outside of limited exceptions outlined in NCCU's policy on alcoholic beverages. <https://www.nccu.edu/policies/retrieve/135>
 16. **Vehicle Use Rule (RUL – 30.05.5):** The purpose of this rule is to provide guidance on leasing vehicles and the procedures for renting NCCU Motor Fleet and Student Affairs vehicles. This rule prohibits drivers from having any drug or alcohol-related driving violations, prohibits the possession of alcohol and illegal drugs inside the vehicles, and prohibits drivers from operating the vehicles under the influence of drugs or alcohol. <https://www.nccu.edu/policies/retrieve/149>
 17. **Campus Recreation Rule (RUL – 40.01.6):** The purpose of this rule is to provide guidelines for operating the campus recreation program. This rule prohibits the use of tobacco and alcohol products in campus recreation facilities. <https://www.nccu.edu/policies/retrieve/153>
 18. **Outdoor Recreational Complex Rules (RUL – 40.01.7):** The purpose of this rule is to provide guidelines for operating the outdoor recreational complex. This rule prohibits the use of alcoholic beverages and tobacco products at outdoor recreational complex premises. <https://www.nccu.edu/policies/retrieve/154>
 19. **Campus Recreation Eagle Venture Program Rules (RUL – 40.01.8):** The purpose of this rule is to provide guidelines for operating the Eagle Venture Program, which provides off-campus excursions for NCCU students. This rule prohibits the use of alcohol, tobacco, and drugs while on the Eagles Venture Program trips.

<https://www.nccu.edu/policies/retrieve/155>

20. **Requesting Use of University Buses/Shuttles Rules (RUL – 40.14.1):** The purpose of this rule is to describe the procedures for requesting the use of University buses. This rule prohibits the use of alcohol and smoking on any of the vehicles.

<https://www.nccu.edu/policies/retrieve/159>

21. **Policy Currently Under Development Based on NC Governor’s Executive Order 223 on Student-Athletes and Name, Image, Likeness Use:** The purpose of this executive order signed on July 2, 2021, is to set guidelines for student-athletes wishing to receive compensation for the commercial use of their name, image, and likeness. Under the order, student-athletes are prohibited from receiving compensation for endorsing certain categories of products or brands and in connection with a commercial enterprise or business involving alcohol, tobacco products, e-cigarettes or any type of nicotine delivery device, a seller or dispensary of a controlled substance, anabolic steroids, sports betting, casino gambling, or adult entertainment. In the future, NCCU may consider drafting its own campus policy reflecting the guidance provided in this order.

<https://files.nc.gov/governor/documents/files/EO223-07022021-NIL.pdf>

Policies and Regulations of The University of North Carolina System

https://www.northcarolina.edu/apps/policy/index.php?tab=policy_manual

1. **Intercollegiate Athletics (Chapter 1100.1):** By way of this policy, the Board of Governors has delegated the responsibility for intercollegiate athletics to the Chancellor of each institution. NCCU is a member of the UNC system and NCCU’s POL 60.00.3 is consistent with this policy.
2. **Policy on Illegal Drugs (Chapter 1300.1):** The purpose of this policy is to provide guidelines on how to address illegal drugs on UNC System’s campuses. NCCU is a member of the UNC system and NCCU’s POL 40.01.1 is consistent with this policy.
3. **Policy on Minimum Substantive and Procedural Standards for Student Disciplinary Proceedings (Chapter 700.4.1) and Regulation Applicable to Student Disciplinary or Conduct Procedures: Right to an Attorney or Non-Attorney Advocate for Students and Student Organizations Chapter 700.4.1.1[R]:** The purpose of this policy and regulation is to clarify how the constituent institutions of UNC will interpret and administer the requirements of N.C. Gen. Stat. § 116-40.11 regarding the participation of licensed attorneys and non-attorney advocates on behalf of students and student organizations in campus Disciplinary or Conduct Procedures. The regulation contains a provision that requires students subjected to it to make responsible choices concerning alcohol use. As a member of the UNC system, this policy and regulation apply to NCCU.
4. **Policy on Providing Safety and Security Presentations to University Boards (Chapter 1300.9):** The purpose of this policy is to assure that University and constituent institution boards receive campus safety and security presentations on a regular basis to inform their decision making on policy matters related to safety and security at their institutions. NCCU is a member of the UNC system and is subject to this policy.
5. **Regulations for the Establishment of an Early College High School on UNC Campuses (Chapter 400.6.1[R]):** The purpose of this regulation is to confirm the required conditions and agreements that must be made prior to the establishment of an Early College High School program between constituent institutions of the University of North Carolina and local education agencies. This regulation is relevant because NCCU is a member of the UNC system and has an early college high school on campus. This regulation contains a provision that prohibits early college high school students from being in spaces where alcohol is available.

6. Policies for Employees of NCCU & Other UNC System Institutions:
<https://myapps.northcarolina.edu/hr/policies-and-forms/unc-policy-manual-ehra/>

University and Legal Sanctions

NCCU shall take all actions necessary, consistent with state and federal law and applicable University policy, to eliminate illegal drugs from the university community. The institutional policy on illegal drugs shall be publicized in catalogs and other materials prepared for all enrolled and prospective students and in materials distributed to faculty and staff.

Students, faculty, and staff are responsible, as citizens, for knowing about and complying with the provisions of North Carolina law that make it a crime to possess, sell, deliver or manufacture drugs categorized as “controlled substances” in the [North Carolina Controlled Substances Act. N. C. Gen. Stat. 90-86](#). Any member of the University community who violates this law is subject both to prosecution and punishment by the civil authorities and to disciplinary proceedings by the University. It is not “double jeopardy” for both the civil authorities and the University to proceed against and punish a person for the same specified conduct. The University will initiate its own disciplinary proceedings against a student, faculty member, administrator, or other employee when the alleged conduct is deemed to affect the interests of the University.

Penalties will be imposed by the University in accordance with procedural safeguards applicable to disciplinary actions against students, faculty members, administrators, and other employees, as required by the Student Code of Conduct (for students), The Code of the Board of Governors (for faculty), EHRA Non-Faculty Employment Policies (for employees exempt from the State Human Resources Act) and the SHRA Disciplinary Policies and Procedures (for employees subject to the State Human Resources Act).

Marijuana remains a Schedule I controlled substance under the federal [Controlled Substances Act \(21 U.S.C. § 801\)](#). State laws permitting recreational or medicinal use and/or possession of marijuana, or state or local laws decriminalizing possession of small amounts, do not supersede federal law. Therefore, and currently, NCCU prohibits the use, possession, and distribution of marijuana on its property or as part of its activities within its aforementioned meaning.

There are external drug and alcohol abuse-related sanctions that can impact students at NCCU. For example, a student’s eligibility for scholarships and financial aid can be affected by incarceration and/or conviction for violating the law. A student’s eligibility for federal student aid can be suspended due to a drug conviction. Students convicted of drug-related offenses after they have submitted a Free Application for Federal Student Aid (FAFSA) might not only lose eligibility for such aid, but also might be liable for repaying any financial aid received during a period of ineligibility.
<https://studentaid.gov/understand-aid/eligibility/requirements/criminal-convictions>

LOCAL, STATE, AND FEDERAL LAWS AND SANCTIONS

The following information and related policies and guidelines on alcohol and drug use are from local, state, and federal jurisdictions. The information provided below is not comprehensive. Further overview of federal laws governing the manufacture, possession, use, and distribution of alcohol and illegal drugs is [available online](#).

City of Durham Ordinance

1. City of Durham Ordinance – (Drug and Alcohol-Related Offenses) (Chapter 46 – Article V): The

purpose of this ordinance is to inform individuals located in the City of Durham of the guidelines for drug and alcohol-related offenses. NCCU is located in the City of Durham and the students, staff, faculty, and volunteers are subject to the offenses listed here:

https://library.municode.com/nc/durham/codes/code_of_ordinances?nodeId=PTIICOOR_CH46PUSA_ARTVDRALLAOF

North Carolina General Statutes

North Carolina law, like federal law, prohibits possession of any controlled substance, possession with intent to distribute, and trafficking of any controlled substance.

1. Structured Sentencing: With regard to punishment for offenses, North Carolina has structured sentencing guidelines that permits courts to impose a sentence within a prescribed range depending on the class of the offense, the number of prior convictions for the individual defendant, and the existence of aggravating or mitigating factors in the circumstances of the offense. There are additional penalties whenever a drug transaction or drug law violation involves a minor. See [N.C. Gen.Stat. § 90-95.4; §90-95.5; §90-95.6; § 90-95.7.](#)

2. Good Samaritan Immunity: North Carolina law provides limited immunity for a “good Samaritan.” Also, and if someone calls 911 or a law enforcement officer to seek medical assistance for someone experiencing a drug overdose under North Carolina General Statute § 90-96.2, they cannot be charged with any misdemeanor possession violation or a felony possession violation.

3. Smoking in Public Places (N.C. Gen. Stat. § 143-596 - N.C. Gen. Stat. § 143-598): The purpose of this statute is for the General Assembly to address the needs and concerns of both smokers and nonsmokers in public places by providing for designated smoking and nonsmoking areas. NCCU is located in the State of North Carolina, is a state-supported institution, and NCCU’s POL. 40.1.3 is consistent with this statute. https://www.ncleg.net/enactedlegislation/statutes/html/byarticle/chapter_143/article_64.html

4.. Smoking Prohibited in Public Places and Places of Employment (N.C. Gen. Stat. § 130A-491 to 130A-500): The purpose of this statute is for the General Assembly to protect the health of individuals in public places and places of employment and riding in State government vehicles from the risks related to secondhand smoke. NCCU is located in the State of North Carolina, is a state-supported institution, and NCCU’s POL. 40.1.3 is consistent with this statute. https://www.ncleg.net/enactedlegislation/statutes/html/byarticle/chapter_130A/article_23.html

5. Regulation of Alcoholic Beverages (N.C. Gen. Stat. Chapter 18B): The purpose of this Chapter is intended to establish a uniform system of control over the sale, purchase, transportation, manufacture, consumption, and possession of alcoholic beverages in North Carolina, and to provide procedures to ensure the proper administration of the ABC laws under a uniform system throughout the State. NCCU is located in North Carolina and is subject to this statute. https://www.ncleg.net/EnactedLegislation/Statutes/HTML/ByChapter/Chapter_18B.html

6. Treatment of Minors (N.C. Gen. Stat. 90-21.1, et seq.): The purpose of this statute is to establish that it shall be unlawful for any physician licensed to practice medicine in North Carolina to render treatment to any minor without the consent and approval of the father, mother, guardian, or any person standing in the place of a parent with regard to said child. NCCU is located in North Carolina, may allow minors on their campus, and has a health facility with licensed medical professionals who might provide treatment to minors that are subjected to this statute. https://www.ncleg.net/EnactedLegislation/Statutes/HTML/ByArticle/Chapter_90/Article_1A.html

North Carolina Drug Laws

Types of Drugs	North Carolina Statute	Possession	Possession with Intent to Sell or Deliver; To Manufacture, or to Sell and/or Deliver	Probability of Abuse*
<p>Schedule I: Heroin, LSD, Peyote, Mescaline, Psilocybin (Shrooms), other Hallucinogens, Methaqualone (Quaaludes), Phencyclidine (PCP), and MDA</p>	<p>N.C.Gen. Stat §90-89 (2018)</p>	<p>Maximum Penalty: Five (5) years in prison and/or fine (felony)</p>	<p>Maximum Penalty: Ten (10) years in prison and/or fine (felony)</p>	<p>Has a high potential for abuse.</p> <p>Has no medical use.</p>
<p>Schedule II: Morphine, Demerol, Codeine, Percodan, Percocet, Fentanyl, Dilaudid, Seconal, Nembutal, Cocaine, Amphetamines and other opium and opium extracts and narcotics</p>	<p>N.C.Gen. Stat §90-90 (2018)</p>	<p>Maximum Penalty: Two (2) years in prison and/or \$2,000 fine (misdemeanor) –UNLESS–</p> <ol style="list-style-type: none"> 1. Exceeds 4 tablets, capsules, other dosage units, or equivalent quantity of Hydromorphone. 2. Exceeds 100 tablets, capsules, other dosage units or equivalent quantity. 3. One gram or more of Cocaine. <p>Maximum Penalty: Five (5) years in prison and/or fine (felony).</p>	<p>Maximum Penalty: Ten (10) years in prison and/or fine (felony)</p>	<p>Has a high potential for abuse.</p> <p>Has accepted medical use with severe restrictions.</p> <p>Abuse may lead to physical or psychological dependence.</p>
<p>Schedule III: Certain barbiturates such as amobarbital and codeine-containing medicine such as Fiorinal #3, Doriden, Tylenol #3, Empirin #3 and codeine-based cough suppressants such as Tussionex and Hycomine and all anabolic steroids</p>	<p>N.C.Gen. Stat. §90-91(2017)</p>	<p>Maximum Penalty: Possession of less than 100 tablets, capsules, other dosage units, or equivalent quantity: Two (2) years in prison and/or fine (misdemeanor). To possess more than 100 tablets, capsules, other dosage units, or equivalent quantity:</p>	<p>Maximum Penalty: Five (5) years in prison and/or fine (felony)</p>	<p>Has potential for abuse, but less than Schedule I or II substances.</p> <p>Has an accepted medical use.</p> <p>Abuse may lead to limited dependence.</p>

Types of Drugs	North Carolina Statute	Possession	Possession with Intent to Sell or Deliver; To Manufacture, or to Sell and/or Deliver	Probability of Abuse*
		Five (5) years in prison and/or fine (felony)		
Schedule IV: Barbiturates, narcotics, and stimulants including Valium, Talwin, Librium, Equanil, Darvon, Darvocet, Placidyl, Tranxene, Serax, Ionamin (yellow jackets)	N.C.Gen. Stat §90-92 (2017)	Maximum Penalty: Same as Schedule III	Maximum Penalty: Five (5) years in prison and/or fine (felony)	Has a low potential for abuse. Has an accepted medical use. Abuse may lead to limited dependence.
Schedule V: Compounds that contain very limited amounts of codeine, dihydrocodeine, ethyl-morphine, opium, and atropine, such as Terpene Hydrate with codeine, Robitussin AC	N.C. Gen. Stat. §90-93 (2017)	Maximum Penalty: Six (6) months in prison and/or fine (misdemeanor)	Maximum Penalty: Five (5) years in prison and/or fine (felony)	Has a low potential for abuse. Has an accepted medical use. Abuse may lead to limited dependence.
Schedule VI: Marijuana, THC, Hashish, Hash Oil, Tetrahydrocannabinol	N.C.Gen. Stat. §90-94 (2017)	Maximum Penalty: Possession of less than .5 ounces of Marijuana or .05-ounce Hashish: 20 days in prison and/or \$200 fine (misdemeanor). If Marijuana, the sentence must be suspended. Possession of more than .5 ounces of Marijuana or .05-ounce Hashish: 120 days in prison and/or fine up to \$500 (misdemeanor). Possession of more than 1.5 ounces of Marijuana or .15 ounces of Hashish or consists of any quantity of synthetic Tetrahydrocannab-	Maximum Penalty Delivery of less than 5 grams of marijuana for no compensation is not considered sale or delivery, but may still be prosecuted as possession. Less than 10 pounds: a Class H felony punishable by up to 8 months in prison and a discretionary fine for the first offense. In excess of 10 pounds, but less than 50 pounds: a Class H felony and shall be sentenced up to a maximum of 39 months in prison and fined \$5,000. 50 pounds but less than 2,000 pounds: a Class G felony and shall be sentenced up to a maximum term of 51 months in prison and fined \$25,000. 2,000 pounds but less than 10,000 pounds: a Class F felony and shall be sentenced up to a maximum term of 93 months in prison and fined \$50,000. 10,000 pounds or more: a Class D felon and shall be sentenced	Has a low potential for abuse. Has no accepted medical use. Abuse may lead to limited dependence.

Types of Drugs	North Carolina Statute	Possession	Possession with Intent to Sell or Deliver; To Manufacture, or to Sell and/or Deliver	Probability of Abuse*
		<p>inols or Tetrahydrocannabinols isolated from the resin of marijuana: Twelve (12) months in prison and/or fine (felony).</p>	<p>up to a maximum term of 222 months in prison and fined not less than \$200,000.</p>	
<p>Drug Paraphernalia</p>	<p>N.C.Gen. Stat. §90-113.22 (2019) - N.C. Gen. Stat. §90-113.24 (2019)</p>	<p>Maximum Penalty: One hundred twenty (120) days in prison and/or fine. (misdemeanor)</p>	<p>Maximum Penalty: One hundred twenty (120) days in prison and/or fine. (misdemeanor). However, delivery of drug paraphernalia by a person over 18 years of age to someone under 18 years of age who is at least three years younger: One (1) year in prison and/or fine. (felony) It is unlawful for any person to purchase or otherwise procure an advertisement in any newspaper, magazine, handbill or other publication or purchase or otherwise procure an advertisement on a billboard, sign or other outdoor display when he knows that the purpose of the advertisement, in whole or in part, is to promote the sale of objects designed or intended for use as drug paraphernalia. Sixty (60) days in prison and/or fine. (misdemeanor)</p>	

Illegal Trafficking Penalties

Controlled Substance	Weight	Sentencing Range	Fine Amount
Marijuana N.C. Gen Stat. § 90-95(h) (1999)	10 – 49 lbs.	Class H Felony 25 – 39 Months	\$5,000 Fine
	50 – 1,999 lbs.	Class G Felony 35 – 51 Months	\$25,000 Fine
	2,000 – 9,999 lbs.	Class F Felony 70 – 93 Months	\$50,000 Fine
	10,000 lbs. or more	Class D Felony 175 – 222 Months	\$200,000 Fine
Heroin N.C. Gen Stat. § 90-95(h)(4) (1999)	4 – 13 grams	Class F Felony 70 – 93 Months	\$50,000 Fine
	14 – 27 grams	Class E Felony 90 – 120 Months	\$100,000 Fine
	28 grams or more	Class C Felony 225 – 282 Months	\$250,000 Fine
Cocaine N.C. Gen Stat. § 90-95(h)(3) (1999)	28 – 199 grams	Class G Felony 35 – 51 Months	\$50,000 Fine
	200 – 399 grams	Class F Felony 70 – 93 Months	\$100,000 Fine
	400 grams or more	Class D Felony 175 – 222 Months	\$250,000 Fine
Methamphetamines N.C. Gen Stat. § 90-95(h)(3b) (1999)	28 – 199 grams	Class F Felony 70 – 93 Months	\$50,000 Fine
	200 – 399 grams	Class E Felony 90 – 120 Months	\$100,000 Fine
	400 grams or more	Class C Felony 225 – 282 Months	\$250,000 Fine

North Carolina Alcohol Laws

State Law	Penalty	North Carolina Statute
To possess, attempt to purchase or purchase, sell or give beer, wine, liquor, or mixed beverages to anyone under the age of 21.	Maximum Penalty: Imprisonment for a term up to 120 days and/or community service and fines up to \$1,000 (Class 1 misdemeanor)	N.C.Gen. Stat. § 18B-302 (2015) - N.C. Gen. Stat. § 18B-302.1 (2015)
A person under 21 years of age who aids and abets to purchase or attempt to purchase, purchase or to possess, sell or give alcohol to a person who is under 21 years of age	Maximum Penalty: Imprisonment for a term up to 60 days and/or community service and fines (Class 2 misdemeanor)	N.C.Gen. Stat. § 18B-302 (2015) – N.C. Gen. Stat.. § 18B-302.1(2015)
A person over 21 years of age who aids and abets to purchase or to attempt to purchase, purchase or to possess; sell or give, alcohol to a person who is under 21 years of age	Maximum Penalty: Imprisonment for a term up to 120 days and/or community service and fined up to \$1,000 (Class 1 misdemeanor)	N.C.Gen. Stat. § 18B-302 – N.C. Gen. Stat. § 18B-302.1
Operating a motor vehicle upon any highway, any street or any public vehicular area within this State: while under the influence of an impairing substance; after having consumed sufficient alcohol at any relevant time after the driving, an alcohol concentration of 0.08 or more; or with any amount of a Schedule I controlled substance.	First Offense: Jail – 24 hours; Fine - \$200; License Suspension – 60 days to 1 year Second Offense: Jail – 4 days; Fine – varies; License Suspension – 1 to 4 years Third Offense: Jail – 14 days to 2 years; Fine – varies; License Suspension – 1 year to permanent	N.C.Gen. Stat. § 20-138.1 (2006)
Operating a motor vehicle on a highway or public vehicular area by a person less than 21 years old while consuming alcohol or at any time while he has remained in his body any alcohol or controlled substance previously consumed.	Maximum of 20 days in jail and \$200. If driving while impaired offense is also charged, then: First Offense: Jail – 24 hours; Fine - \$200; License Suspension – 60 days to 1 year Second Offense: Jail – 4 days; Fine – varies; License Suspension – 1 to 4 years Third Offense: Jail – 14 days to 2 years; Fine – varies; License Suspension – 1 year to permanent	N.C.Gen. Stat. § 20-138.1 (2006) & N.C. Gen. Stat. § 20-138.3 (2006)
Possessing an alcoholic beverage other than in the unopened manufacturer’s original container or consuming an alcoholic beverage, in the passenger area of a motor vehicle while the motor vehicle is on a highway or the right-of-way of a highway.	Maximum Penalty: Imprisonment for a term up to 60 days and/or community service and fines up to \$1,000 (Class 2 or 3 misdemeanor based on number of offenses)	N.C.Gen. Stat. § 18B-301 (2019); N.C. Gen. Stat. §18B-401 (2021); N.C.Gen. Stat §20-138.7 (2013)

Federal Regulations

The law prohibiting unauthorized possession of any controlled substance is found in [21 USC § 844](#). Simple possession of any controlled substance (in other words, possessing a small amount for personal consumption without intending to distribute or sell) is a misdemeanor under federal law and carries a fine of at least \$1,000 and a sentence of no more than one year in prison (except for possession of Flunitrazepam, more commonly known as “roofies,” which is always a felony and carries a greater penalty). Repeat possession offenders may be charged with a felony, which carries a longer prison sentence and greater fine. Possession with intent to distribute carries additional penalties. In addition to prison sentences and fines, persons convicted of possession may also be fined for the reasonable costs of the investigation and prosecution of the offense.

The penalties for drug trafficking are found in 21 USC § 841 and are listed in the charts below. Persons who violate drug trafficking laws within 1,000 feet of a university may face more severe penalties.

1. Drug-Free Workplace Act of 1988 (41 U.S.C.A. § 8103): The purpose of this Act is to require all federal grantees to agree that they will provide drug-free workplaces as a precondition of receiving a contract or grant from a federal agency. NCCU receives federal funding and must comply with this Act.

https://www.samhsa.gov/sites/default/files/programs_campaigns/division_workplace_programs/drug-free-workplace-act-1988.pdf

2. Drug-Free Schools and Communities Act Amendments of 1989: The purpose of this act is to require institutions of higher education to establish policies that address unlawful possession, use, or distribution of alcohol and illicit drugs for faculty, staff, and students. NCCU is an institution of higher education and must comply with this Act.

<https://www.congress.gov/bill/101st-congress/house-bill/3614>

*Information contained in tables from this point forward can be attributed to the *Drugs of Abuse, A DEA Resource Guide (2022 Edition)* report found at https://www.dea.gov/sites/default/files/2022-12/2022_DOA_eBook_File_Final.pdf*

Federal Legal Sanctions and Penalties

Federal Trafficking Penalties

DRUG/SCHEDULE	QUANTITY	PENALTIES	QUANTITY	PENALTIES
Cocaine (Schedule II)	500–4999 grams mixture	<p>First Offense: Not less than 5 yrs., and not more than 40 yrs. If death or serious injury, not less than 20 or more than life. Fine of not more than \$5 million if an individual, \$25 million if not an individual.</p> <p>Second Offense: Not less than 10 yrs., and not more than life. If death or serious injury, life imprisonment. Fine of not more than \$8 million if an individual, \$50 million if not an individual.</p>	5 kgs or more mixture	<p>First Offense: Not less than 10 yrs, and not more than life. If death or serious injury, not less than 20 or more than life. Fine of not more than \$10 million if an individual, \$50 million if not an individual.</p> <p>Second Offense: Not less than 15 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.</p> <p>2 or More Prior Offenses: Not less than 25 years. Fine of not more than \$20 million if an individual, \$75 million if not an individual.</p>
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	
Heroin (Schedule I)	100–999 grams mixture		1 kg or more mixture	
LSD (Schedule I)	1–9 grams mixture		10 grams or more mixture	
Methamphetamine (Schedule II)	5–49 grams pure or 50–499 grams mixture		50 grams or more pure or 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	
PENALTIES				
Other Schedule I & II drugs (and any drug product containing Gamma Hydroxybutyric Acid)	Any amount	<p>First Offense: Not more than 20 yrs. If death or serious injury, not less than 20 yrs., or more than life. Fine \$1 million if an individual, \$5 million if not an individual.</p> <p>Second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if not an individual.</p>		
Flunitrazepam (Schedule IV)	1 gram			
Other Schedule III drugs	Any amount	<p>First Offense: Not more than 10 years. If death or serious injury, not more than 15 yrs. Fine not more than \$500,000 if an individual, \$2.5 million if not an individual.</p> <p>Second Offense: Not more than 20 yrs. If death or serious injury, not more than 30 yrs. Fine not more than \$1 million if an individual, \$5 million if not an individual.</p>		
All other Schedule IV drugs	Any amount	<p>First Offense: Not more than 5 yrs. Fine not more than \$250,000 if an individual, \$1 million if not an individual.</p> <p>Second Offense: Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if other than an individual.</p>		
Flunitrazepam (Schedule IV)	Other than 1 gram or more			
All Schedule V drugs	Any amount	<p>First Offense: Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual.</p> <p>Second Offense: Not more than 4 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.</p>		

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	If death, not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual	Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than 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 \$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 \$8 million if an individual, \$50 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 more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if other than an individual.
Marijuana (Schedule I)	Less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight) 1 to 49 marijuana plants;	Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual.	Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than the 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 has become final is not less than 25 years of imprisonment and a fine up to \$20 million if an individual and \$75 million if other than an individual.

HEALTH RISKS OF DRUG AND ALCOHOL USE AND ABUSE

All drugs, whether legal or illegal, influence the functioning of essential organs in the body. These effects occur both acutely after ingesting drugs and alcohol, as well as cumulatively. Examples of legal drugs include alcohol, tobacco, CBD, and increasingly, marijuana. Illegal drugs include opioids, stimulants, and hallucinogens.

As drugs impact organ function, consequences arise in the areas of vital sign stability, brain function, cardiovascular health, disease risk, and mortality. Most consequences have the potential to occur immediately, some consequences develop over time. Consistent use of any intoxicants will escalate negative effects of body and mind. Some of the adverse health effects of drugs and alcohol noted by the National Institute of Health (NIH) in 2020 are listed below:

A. Vital Sign Changes

- Heart rate, blood pressure, and respiratory rate may drastically elevate or decrease, causing shortness of breath, palpitations, sweating, or discomfort
- Elevated or decreased body temperature

B. Brain Function

- Problems with a person’s ability to think, learn, remember, and make decisions (cognitive impairment)
- A loss of reality due to severe impairment of thought and emotions (psychosis)
- Difficulty regulating mood
- Can cause or exacerbate underlying mental health issues (depression, anxiety, aggression, paranoia, and hallucinations)
- Increases risk of developing an addiction
- Disordered eating
- Insomnia

C. Cardiovascular Health

- Elevations in blood pressure, heart rate, and vasoconstriction can lead to medical emergencies of chest pain, myocardial infarction, stroke. These risks are highest with illegal stimulant drugs such as cocaine, amphetamines, and methamphetamine; however, long term usage of other drugs and tobacco also carry this risk
- Decreases in blood pressure can lead to syncope, inadequate blood circulation (leading to decreased oxygen in the body), and cardiac arrest
- Atherosclerosis
- Hypertension
- Irregular heart rhythm, tachycardia
- Cardiomyopathy

D. Increased Disease Risk

- Cardiac, pulmonary, and gastrointestinal chronic disease
- Cancer
- Addiction
- HIV/AIDS
- Hepatitis

E. Mortality

- Death
 - Cardiac arrest, respiratory arrest due to overdose
 - Drunk driving, personal injury, accidents
 - Aspiration leading to suffocation

Most Commonly Used and Abused Drugs

As discussed previously, many substances can alter an individual’s cognition and judgement, and lead to various physical and psychological problems. These issues arise both through the negative effect of substances on the body, physical or sexual violence, accidents, and injuries. Based on student conduct violation reports at North Carolina Central University, the Student Conduct and Community Standards has determined that most used substances on campus are marijuana and alcohol. Further concerns are the usage of nicotine via cigarettes or electronic cigarettes (e-cigarette). Addressing drug and alcohol use in young adults via education, prevention programs, and support of recovery efforts are of critical importance to a student’s future health, as learning is adversely affected by consistent drug and alcohol usage (NIH, 2019).

Furthermore, adolescence and young adulthood is a developmental period associated with the highest risk for developing a substance use disorder (NIH, 2019).

Alcohol use is detrimental to the mind, body, and scholastic achievement of young adults. According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), almost 53 percent of full-time college students aged 18-22 drank alcohol in the past month, and about 33 percent engaged in binge drinking during that same period (2020). Binge drinking is defined as four or more drinks in one sitting for women (and five or more for men). Students who binge drink three times a week or more are six times more likely to perform poorly on a test or project and five times as likely to have missed class than their peers (NIAAA, 2020). Drinking or binge drinking alcohol as a young adult has many consequences that are often overlooked by young adults, due to their ever-developing brains (NIAAA, 2020).

Marijuana was also identified in student violations reports as used by students at North Carolina Central University. As stated by the NIH, 43% of college students in the United States utilize marijuana. The use of marijuana has health, safety, and legal implications for young adults (2018). Living in a state where marijuana is illegal can have further complications for students, beyond the acute and chronic health implications. For students, those who use marijuana spend less time studying, have lower grade point averages, reduced rates of degree completion, and miss more classes than their nonsmoking peers (Gunn, 2019).

According to the CDC, cigarettes are the leading cause of death in the United States. In 2019, an estimated 8% of adults aged 18-24 used cigarettes, which is less than the percentage of all adults who smoke cigarettes at 15.1% (2020). The use of cigarettes has been in decline over the past several decades. However, E-cigarette usage, or vaping, has increased steadily in the past decade, with the highest utilization in adolescents and young adults (CDC, 2020). Although electronic cigarettes are felt by many in society to be safe, in the past several years there has been a large uptick in hospitalizations and deaths from e-cigarettes, and studies (FDA, 2018).

The following information discusses further the short and long-term effects of marijuana, alcohol, and nicotine use:

Marijuana

Marijuana derives from the hemp plant, Cannabis Sativa, and contains the psychoactive chemical delta-9-tetrahydrocannabinol, or THC. Marijuana can either be smoked, vaped, or eaten and produces feelings of enhanced sensory perception or euphoria, followed by drowsiness and relaxation. The short-term dangerous effects of THC are impaired memory, anxiety, loss of coordination, difficulty learning, hallucinations, panic, and increased heart rate (NIH, 2020). Long term use of marijuana can have respiratory implications such as chronic cough, increased respiratory infections, and lung damage (NIH, 2020); as well as cause cognitive impairment, mental health issues, increased risk of schizophrenia, and possibly lower IQ if utilized during adolescent years (Shen, 2020).

A combination of marijuana and alcohol will likely increase the potency of each, resulting in increased heart rate and blood pressure, poor judgment, increase in the risk of danger to self and others. Alcohol and marijuana are often used together by college students (NIH, 2020), which is troubling. Withdrawal symptoms for marijuana use can include irritability, difficulty sleeping, decreased appetite, and anxiety (NIH, 2020).

Alcohol

Ethanol, also known as alcohol, is an intoxicant with adverse effects such as a neurotoxin and central nervous system depressant (NIH, PubChem, 2021). Alcohol has short-term negative effects of impaired judgment, decreased coordination and reflexes; as well as more severe complications such as breathing difficulties or loss of consciousness. Alcohol use can also lead to injuries and risky behaviors, increasing the risk of drunk driving accidents, sexual assault, physical altercation, and unplanned pregnancies, sexually transmitted infections (NIH, 2020). Recent data from the NIAAA estimate that about 1,519 college students ages 18-24 die from alcohol-related unintentional injuries, including motor vehicle crashes every year (2020). Further troubling statistics estimate that about 790,000 students ages 18-24 are physically or sexually assaulted by another student who has been drinking (NIAAA, 2020).

Long-term usage of alcohol can have permanent effects on the body, and lead to cognitive impairment, irritability, irregular heart rhythm, stroke, hypertension, cirrhosis and fibrosis of the liver, and cancers of the mouth, throat, liver, and breast (NIH, 2020).

Alcohol is also exceedingly dangerous that withdrawal symptoms from use can be fatal. Symptoms of alcohol withdrawal include the following: difficulty sleeping, shaking, irritability, depression, anxiety, nausea, sweating, confusion, and hallucinations; and can cause seizures and death (NIH, 2020). Long-term alcohol use can reduce life by 10 years or more (NIAAAA, 2020).

Tobacco

Tobacco is a plant where the leaves are harvested and treated to be used for cigarettes, cigars, and smokeless tobacco. The psychoactive chemical in cigarettes is nicotine. Nicotine can harm the developing young adult brain, affecting parts of the brain that control attention, learning, mood, and impulse control (NIH, 2020). Young adults who utilize and become addicted to nicotine are much more likely to become addicted to other drugs or substances (CDC, 2020).

Immediate negative effects of tobacco include bad breath, fatigue, cough, shortness of breath, and increases in blood pressure, heart, and respiratory rate (NIH, 2020). Persistent usage of tobacco in any form can lead to heart diseases such as atherosclerosis, high blood pressure, stroke, heart attack, and an enlarged heart. Chronic tobacco smoking can also lead to debilitating lung diseases such as Chronic obstructive pulmonary disease or emphysema. Use of any form of tobacco can cause cancers of the oral mucosa, gastrointestinal tract, lungs, bladder, and leukemia (NIH, 2020). Tobacco use kills about half of the people who use and takes at least 10 years off a person's life (NIH, 2020). The longer one uses tobacco, the worse the health consequences, which is why it is so important for younger adults to not begin this detrimental habit.

Electronic Cigarettes

Electronic cigarettes (or e-cigarettes) are also called vapes, e-hookahs, and vape pens. E-cigarettes work by heating a liquid to produce an aerosol that is inhaled to the lungs. The liquid in electronic cigarettes can contain nicotine, tetrahydrocannabinol (THC), and/or cannabidiol (CBD) oils (CDC, 2020). E-cigarettes that contain nicotine have similar risks associated with nicotine contained in tobacco cigarettes, as discussed in the prior passage. Scientists are still studying the effects of inhaled vapor on the respiratory system, and many of the ingredients in e-cigarette aerosol could also be harmful to the lungs in the long term (CDC, 2020). E-cigarettes often come in sweet or candy-like flavors that can be more appealing to the younger adult. A history of smoking or vaping nicotine, particularly daily,

increases the likelihood that young adults will use alcohol, marijuana, and other illegal drugs. More than 80 percent of youth who have substance use disorders use tobacco, develop nicotine dependence and continue using tobacco as adults (CDC, 2020). Another danger of e-cigarettes is that THC vaping products mixed with the filler Vitamin E acetate (and possibly other chemicals) have led to serious lung illnesses and deaths in the past several years (NIH, 2020).

To conclude, cigarette, alcohol, and drug use among young adults can have negative impacts on their brains and brain development, cardiovascular system, physical wellbeing, scholastic achievements, and mental health (NIH, 2020). There are also significant concerns that the use and abuse of substances in young adulthood can increase the risk of future substance abuse, addiction, and staggeringly decrease life expectancy (NIH, 2020). Abstinence from drugs, alcohol, and cigarettes is of the utmost importance to the current and future health of college students.

https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/nida_commonlyuseddrugs_final_printready.pdf

UNIVERSITY DRUG AND ALCOHOL PROGRAMS AND INTERVENTIONS

Education and Awareness Programs

NCCU shall establish and maintain a program of education designed to help all members of the University community avoid involvement with illegal drugs. The educational program shall emphasize: (1) the incompatibility of the possession, use, or sale of illegal drugs with the goals of the University; (2) the legal consequences of involvement with illegal drugs; (3) the medical implications of the use of illegal drugs; and (4) the ways in which illegal drugs jeopardize an individual’s present accomplishments and future opportunities.

Alcohol and other drug prevention programs are provided to students at the university. The purpose of these programs is to provide primary intervention in the prevention and/or reduction of alcohol and other drug use by students. Examples of programs that have been provided to students include, but are not limited to, the following:

Campus-Wide Prevention Programming

- a. **Thirsty Thursday/Stomp Out Stigma** – A collaborative event focused on mental health promotion and substance use prevention. Invited speakers discuss their road to addiction and recovery and the impact substance use had on their lives. The event provides an evening of music, entertainment, and alcohol-free drinking contest among Greek organizations.
- b. **Success Life Skills Mutual Support Group** – This is a mutual support group, run by students and Counseling Center staff, to help individuals develop independence over a variety of maladaptive patterns of thought, emotion, and behavior.
- c. **Alcohol and Other Drug Tabling Events** – provided on an annual basis in both fall and spring semesters, these tabling events provide pick-up “on the go” information about alcohol and other drug use, prevention, and education for NCCU students at various events.
- d. **Alcohol & Drug Workshops and Presentations** – provided on an ongoing basis through a collaborative effort with various campus departments and student organizations by delivering a lecture presentation on various substances, their long-term, and short-term effects, and consequences on misuse and abuse of the substance.

- e. **Mental Health First Aid** – A training available to students, faculty, and staff. It is designed to support others through prevention and early intervention responses for their well-being. The course teaches how to identify, understand and respond to signs of mental health and substance use challenges among adults. Participants will build skills and confidence needed to reach out and provide initial support to those who are struggling. Participants also learn how to help connect them to appropriate support.
- f. **E-Checkup to Go** – all first-year students are strongly encouraged to complete this evidence-based, personalized online alcohol (e-CHUG) and marijuana (e-TOKE) intervention program designed by counseling center psychologists at San Diego State University. This NASPA-recognized program has demonstrated significant reductions in destructive substance use among college students. In collaboration with University College, students who complete this program will receive points toward their final grades in their UNIV 1100 course.

The university will be initiating and implementing new alcohol and drug prevention programs on campus this fall semester.

HOPE Collegiate Recovery Community Program

The HOPE program was created to engage students in their recovery efforts from substance use and addiction. The HOPE program is designed to provide a supportive environment within the campus culture that reinforces the student's decision to engage in a lifestyle of recovery from substance use. The HOPE program is also designed to provide an educational opportunity alongside recovery support to ensure that students do not have to sacrifice one for the other.

NCCU provides information about drug counseling and rehabilitation services available to students of the University through campus-based programs and community-based organizations. Persons who voluntarily avail themselves of University services shall be assured that applicable professional standards of confidentiality will be observed. This program is held each academic year.

Behavioral Health Interventions

The NCCU Student Health and Counseling Centers provide several treatment services for students with substance use disorders including individual, group therapy, psychoeducation, and medication management. The Office of Student Conduct and Community Standards also provides interventions for students managing substance abuse difficulties.

The Counseling Center performs assessments that are mandated from within the University. Because criteria and expectations from outside sources tend to be quite varied and not always explicit, the Counseling Center will not perform mandated assessments for entities outside of the University, such as court-ordered substance abuse assessments. (Source: NCCU Counseling Center).

Students who have violated university alcohol and other drug policies will receive sanctions through the Office of Student Conduct and Community Standards and may be evaluated by the Counseling Center to determine whether treatment is necessary.

Restorative Education and Counseling

- Students who have violated university alcohol and other drug policy are required to meet with a staff member from the Office of Student Conduct and Community Standards to discuss the violation. Sanctions for students are evaluated based on their

number of offenses and violations. Students who have violated the policy for a minimum of one time are required to complete a reflection paper and will be placed on disciplinary probation for at least one semester. Students who have violated university alcohol and other drug policies more than once will be required to attend the AOD Psychoeducation Mutual Support Group and/or individual counseling to address the student's use and motivation to change behaviors.

Continued Assessment and Referral

- Students who have repeated violations of the university alcohol and other drug policy will be further evaluated to determine the level of care the student needs. Referral to outside treatment agencies may be necessary depending upon the treatment needs of the student.

Rehabilitation

- Possession of any alcohol or other substances while in counseling at the NCCU Counseling Center is strongly discouraged. Students with chronic and/or severe substance use disorders are referred to outside treatment clinics specializing in detoxification, partial hospitalization treatment, intensive or comprehensive outpatient treatment, and rehabilitation.

Medication Management

- Medication management is available for any student who may express the desire for medication as a treatment option or for those who may present severe symptomatology. Medication management is provided to students with substance use disorders by the psychiatric practitioner in Student Health Services.

Alcohol and Substance Use Re-Entry

- A recommendation is to add a formalized reintegration plan for students who have a pause in academic continuation related to substance treatment or disruption. Currently, students receiving alcohol and substance use sanctions complete an AOD screening through Counseling Services to determine needs for education, harm reduction, and decision-making. Students complete the CCAPS-62 which includes a substance use subscale. Additionally, measures are completed for additional information if appropriate. These measures may include and are not limited to AUDIT, CUDIT, DAST 20. This screening helps to assess if they are co-occurring concerns that exist and the level of direct care that is most appropriate. Following the screening students complete and an alcohol and substance use education module through TAO Connect. A follow-up appointment is schedule to review learning outcomes for the module and assess current needs. Students develop a plan that is appropriate for them to continue progress. Furthermore, students in this process are also strongly encouraged to participate in the peer-focused Successful Life Skills (SLS) group that is offered as part of the Center's Collegiate Recovery program. The SLS helps students acquire knowledge and skills for their academic success, interpersonal functioning and well-being. In a supportive peer environment learn to achieve balance, practice adaptive behaviors and making healthy choices for them. The NCCU Counseling Center is looking to add another module through TAO Connect that is specifically aligned with EDGAR 86. The additional module provides more education for students who may have more moderate to higher needs, than general education for students whose behavior may not be problematic. Students who have been in the NCCU Counseling Session during the current year and have at least two administrations of the CCAPS experienced a 23% change in moderate distress related to alcohol/substance use and 37% for student who initially reported elevated distress in this area.
- As part of the reintegration, the recommendation would be that students are encouraged

to coordinate care needs to include the NCCU Counseling Center to support their process of recovery or decision-making for harm reduction to increase the likelihood of successfully reintegrating with resources to decrease their chances or relapse and not persisting through graduation. Students may receive services or engage in services and programming through the Counseling Center or through an extension of services with community providers. The plan would be reviewed with students at scheduled intervals to modify the plan as needs evolve including discontinuing the plan with measurable stabilization for students as a part of their return.

Resources for Students

The North Carolina Central University Counseling Center received a Collegiate Recovery Community (CRC) grant to contribute to recovering students' academic success by creating a supportive environment for students in various stages of recovery. Funding supports programs, experiential activities, and other services that increase awareness of substance use issues on campus.

Students are offered additional support by the following off-campus counseling provider partners:

- **Carolina Outreach** - 2670 Chapel Hill BLVD. Durham N.C., 27707; (919) 251-9001
- **Freedom House** - 400-D Crutchfield St., Durham N.C., 27704; (919) 251-8006
- **Mind Path Care Centers** 3604 Shannon Rd. STE 200 Durham N.C., 27707; (919) 403-2122
- **Carolina Behavioral Care** - Durham Office, 4102 Ben Franklin BLVD. Durham N.C. 27704; (919) 972-7700
- **HopeLine Prevention** – 24/7 Crisis Line (919) 231- 4525 | 877-235-4525

Resources for Faculty and Staff

Employee Assistance Program (EAP) services are offered at no cost through the university. Confidential counseling is available through ComPsych at 866-301-9634. A variety of resources are provided regarding substance abuse, grief, and loss, job pressure, problems with children, depression, and relationship/marital conflicts. For additional information, contact Human Resources.

- **Carolina Outreach** - 2670 Chapel Hill BLVD. Durham N.C., 27707; (919) 251-9001
- **Freedom House** - 400-D Crutchfield St., Durham N.C., 27704; (919) 251-8006
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End of Report.