

Dear UIC Students and Employees,

The health and well-being of our students, faculty, and staff is a critical component of the overall health of our campus community. Consequently, the University of Illinois at Chicago seeks to maintain a campus environment that is free of the illegal use of alcohol and other drugs (AOD).

To meet this goal, we promote and practice the Drug-Free Workplace Act of 1988 and the Drug-Free Schools and Communities Act Amendments of 1989 by annually producing and distributing this brochure. It summarizes some of the state and federal laws used to regulate alcohol and existing standard of conduct, and some of the related policies, and established disciplinary actions for conduct violations are outlined in the brochure, in addition to UIC campus and community resources for substance abuse related issues.

University Policies Regarding Drug Use by Students and Employees

The University of Illinois is committed to maintaining a drug and alcohol-free environment for its students and employees in compliance with applicable federal, state, and local laws. Students or employees who violate federal, state, or local laws concerning drugs or alcohol are subject to criminal prosecution; those who violate university policies may also be subject to institutional sanctions or dismissal.

No one under the age of 21 may store, possess, or consume alcoholic beverages on any property under the control of the University of Illinois, including certified housing. Persons of legal drinking age—age 21 years or older—may possess or consume alcoholic beverages only in areas or at functions specifically designated or approved for such use.

The unlawful or unauthorized possession, use, distribution, dispensation, sale, or manufacture of controlled substances or alcohol is prohibited on university property or as part of any university activity. Students or employees who violate this policy may be disciplined in accordance with university policies, statutes, rules, and regulations up to and including dismissal and referral for prosecution. The university may involve/contact the parents of students under the age of 21 for violations of the campus code.

I'm a university employee. For what actions may I be disciplined?

Under existing policies and in compliance with federal and state laws, employees are subject to disciplinary action, including discharge, for unauthorized consumption of intoxicating liquors on institutional time or property; inability to perform satisfactorily their assigned duties as a result of drinking alcoholic beverages; illegal or use of drugs, narcotics, or intoxicants; unauthorized sale or distribution of drugs, narcotics, or intoxicants; or otherwise unfit to perform job duties due to use of alcohol or illegal drugs. If you have a problem with controlled substances or alcohol, please seek professional advice and treatment. You may seek help for a problem or obtain a list of counseling, rehabilitation, and assistance programs confidentially by calling the campus Employee Assistance Service staff at (312) 996-3588. In some cases, your supervisor may direct you to request this information.

What if I'm convicted of a drug or alcohol offense that took place at work?

You must notify your supervisor within five days. If you are an employee working on a federal contract or grant and you are convicted of a drug or alcohol offense occurring in the workplace, the university will notify the granting or contracting federal agency within ten days of receiving notice of your conviction. Employees convicted of a drug or alcohol offense involving the workplace may be disciplined or discharged under existing laws, policies and rules, or may be required to complete a drug rehabilitation program in order to continue employment at the university.

I'm a student. What happens if I violate the university's drug policy?

Students who illegally possess, use, distribute, sell, or manufacture drugs are subject to university disciplinary action and may be dismissed from the university. To view the UIC Student Code of Conduct visit the Office of the Dean of Students website through the www.vcsa.uic.edu web address.

The university provides educational programs and counseling to students who are substance abusers or who are affected by the substance abuse of others. For confidential help with these problems, contact the Counseling Center at (312) 996-3490 or review a list of additional resources on Page 5.

Illinois Laws That Apply To Alcohol and Drug Use

Recognizing that the abuse of alcohol and other dangerous substances can be harmful to the "peace, health, and welfare" of Illinois citizens [720 ILCS 570/100], the General Assembly implemented a series of laws that regulate the distribution and use of controlled substances. Below is a brief description of some of the state and federal laws used to regulate alcohol and other drugs. For a more detailed discussion, please visit the Illinois General Assembly at www.ilga.gov/ or the U.S. Department of Justice-Office of Diversion Control at www.deadiversion.usdoj.gov/index.html.

Controlled Substances

The possession, sale, and delivery of controlled substances is prohibited in Illinois through the Cannabis Control Act [720 ILCS 550/] and the Illinois Controlled Substances Act [720 ILCS 570/100]. Under the Cannabis Control Act, courts can set penalties that increase in accordance with the amount of substances containing cannabis in each case [720 ILCS 550/1]. In regard to both acts, penalties vary with the amount of the drug confiscated; the type of drug found; the number of previous offenses by the individual; and whether the individual intended to manufacture, deliver or possess with intent to deliver (720 ILCS 570/401) (720 ILCS 570/402) [720 ILCS 550/4] [720 ILCS 550/5]

Underage Drinking

The consumption of alcoholic liquor by any person under 21 years of age is illegal. [235 ILCS 5/6-20]. It is also against Illinois law for anyone to permit a gathering at their residence at which one or more persons under 21 possesses or consumes alcoholic beverages, to rent a hotel or motel room for such purpose, and to sell or deliver alcohol to anyone under 21, or to any intoxicated person [235 ILCS 5/6-16]. It is also illegal for a person under 21 to present false identification in an attempt to purchase alcohol [235 ILCS 5/6-16].

Driving Under the Influence

Driving while under the influence of alcohol, drugs, intoxicating compounds, or any combination thereof is against Illinois law. The Secretary of State is authorized to cancel any driver's license or permit upon determining that the holder has been convicted of violating the Cannabis Control Act, the Illinois Controlled Substances Act, the Methamphetamine Control and Community Protection Act, or the Use of Intoxicating Compounds Act while that individual was in actual physical control of a motor vehicle [625 ILCS 5/6-201]. Substantial penalties exist for driving or physically

controlling a motor vehicle by a driver with a blood or breath alcohol concentration of .08 or greater [625 ILCS 5/11-501.1]. Arrests are also possible at lower alcohol levels if driving is impaired. These acts, depending on the circumstances, may incur penalties, such as a jail sentence, fines, or suspension / revocation of a driver's license. Transporting open alcohol containers in a motor vehicle is also punishable under Illinois law [625 ILCS 5/11-502].

Federal Laws That Apply To Alcohol and Drug Use

Possession and delivery of controlled substances is prohibited by the United States Code, Uniform Controlled Substance Acts [21 U.S.C. 801 and following]. Similar to Illinois law, individuals can be penalized on the quantity of confiscated drugs, the type of drug(s) found, the number of previous offenses by the individual, and whether the individual intended to manufacture, sell, or use the drug. Any individual who knowingly possesses a controlled substance that is in an amount that, as specified by regulation of the Attorney General, is a personal use amount shall be liable to the United States for criminal and civil penalties.

Effects of Alcohol and Other Drugs on Health

Adverse health effects can range from nausea and anxiety to coma and death. There are risks associated with the chronic use of all psychoactive drugs, including alcohol. A pregnant woman who uses alcohol, cigarettes, or other drugs exposes herself and her fetus to serious risks, such as the risk of miscarriage, low birth weight, or brain damage.

Substance abuse may involve not only controlled substances and illegal drugs but also alcohol and other substances that pose a health risk. When drugs are combined their negative effects on the mind and body are often multiplied beyond the effects of the same drugs taken singly, which can be deadly. Below is a chart describing some of the health effects of alcohol and other drugs (AOD).

For more information or questions concerning this brochure, students should contact the Office of the Dean of Student at (312) 996-4857. Employees should contact the Office of Human Resources-Administration at (312) 413-4848.

Alcohol and Other Drugs Effects on Health

Name of Substance	Effects on Health
Alcohol	Alcohol is the drug most frequently abused on college campuses and in our society. Even small amounts of alcohol can impair the judgment and coordination required to drive a car, increasing your chances of having an accident. Alcohol may be an interacting factor in the incidence of aggressive acts, including vandalism and assault and serious health problems such as liver damage. Consuming moderate to large amounts of alcohol impairs your ability to learn and remember information. Because alcohol is a depressant, very large amounts can cause respiratory and cardiac failure, resulting in death.
Cannabis	Marijuana and hashish impair the user’s short-term memory and comprehension. They can cause confusion, anxiety, lung damage, and abnormalities of the hormonal and reproductive systems. Hours after the feeling of getting high fades, the effects of cannabis on coordination and judgment may remain, heightening the risks involved in driving or performing other complex tasks. Cannabis, a fat soluble substance, may remain in the body system for weeks. An overdose or long-term use may bring about paranoia, panic attacks, or psychiatric problems.
Club/Designer Drugs	The terms “club drugs” and “designer drugs” refer to a wide variety of drugs including MDMA (Ecstasy), GHB, rohypnol (roofies), ketamine (special K), methamphetamine (meth), and LSD (acid). Research indicates that these drugs can cause serious health problems or even death. They can have even more serious consequences when mixed with alcohol. Club/designer drugs are also occasionally used or administered in connection with sexual assault.
Depressants	Barbiturates, benzodiazepines (e.g., valium), quaaludes, and other depressants cause disorientation, slurred speech, and other behaviors associated with drunkenness. The effects of an overdose of depressants range from shallow breathing, clammy skin, dilated pupils, and weak and rapid pulse to coma and death.
Hallucinogens	Hallucinogens such as LSD, MDA, PCP (angel dust), mescaline, peyote, and psilocybin (shrooms) can cause powerful distortions in perception and thinking. Intense and often unpredictable emotional reactions can trigger panic attacks or psychotic reaction. An overdose of hallucinogens can cause heart failure, lung failure, coma, and death.
Narcotics/Opiates	Heroin, codeine, morphine, methadone, and opium are narcotics/opiates. There is a high likelihood of developing a physical and psychological dependence on these drugs. Health effects include anxiety, mood swings, nausea, confusion, constipation, and respiratory depression. Overdose may lead to convulsions, coma, and death. The risk of being infected with HIV, the virus that causes AIDS, or other diseases significantly increases if you inject drugs and share needles.
Stimulants	Cocaine/crack, amphetamines, and other stimulants can cause agitation, loss of appetite, irregular heartbeat, chronic sleeplessness, and hallucinations. All non-prescribed stimulants are extremely dangerous and psychologically and physically addictive. An overdose can result in seizures and death.
Tobacco	Nicotine, the active ingredient in tobacco, increases your heart rate and raises your blood pressure. The tar in cigarette smoke is a major cause of cancer and other respiratory problems. The carbon monoxide in cigarette smoke can promote arteriosclerosis. Long-term effects of smoking cigarettes may include emphysema, chronic bronchitis, heart disease, and lung cancer.

University and Community Resources

Below is a list of UIC units and Chicago area agencies that provide services to help students cope with problems related to substance abuse.

Campus Resources

(312) 996-2540	Applied Psychological Services, Office of
(312) 996-3588	Employee Assistance Service
(866) 659-3848	Magellan Health Services Employee Assistance Program
(312) 996-3490	Counseling Center
(312) 996-2901	Family Medicine
(312) 413-2120	Wellness Center

Emergency Services Hotlines

(312) 996-5535	In-Touch Crisis Hotline (Sun.–Thurs. 6:00-10:30 p.m.; Fri.–Sat. 6:00 p.m.–3:00 a.m.)
(800) 656-4673	Rape Victim Emergency Hotline (24 hours)

Self-Help Groups

(312) 346-1475	Alcoholics Anonymous
(773) 471-0225	Al-Anon/Alateen (Recovery group for family members of alcoholics and teen alcoholics)
(312) 655-7000	Catholic Charities
(800) 234-0420	Focus on Recovery
(708) 848-4884	Narcotics Anonymous

Chicagoland Resources

(773) 296-3220	Advocate Illinois Masonic Behavioral Health Services Outpatient Care
(773) 506-7474	Alternatives, Inc. (Youth and family service agency that offers substance abuse counseling)
311	Chicago Department of Human Services Information Line
(312) 663-1130	Gateway Foundation (Detox treatment)
(312) 226-7984	Haymarket Center (Detox treatment)
(800) AID-AIDS	HIV/AIDS/STD Hotline
(800) 222-1222	Illinois Poison Control Center
(800) 543-6543	Ingalls Memorial Hospital, Drug and Alcohol Rehabilitation Treatment Center (Outpatient treatment)
(708) 422-0110	Little Company of Mary Hospital Behavioral Health
(773) 637-0487	Lutheran Social Service Alcohol-Drug Dependence
(773) 282-7800	Lutheran Social Service Mental Health Counseling
(773) 883-3916	New Hope Recovery Center (Rapid Detoxification)
(708) 209-4181	Riveredge Hospital (In-patient treatment)

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Information is subject to change