

Official Notice to All Roseman University Employees and Students Regarding Substance Use and Roseman University Policies and Federal/State Regulations Regarding Alcohol and Illegal Drugs

This annual notice is sent to all Roseman University employees and students as part of its drug prevention program in compliance with the Drug-free Schools and Communities Act as further articulated in the Dept. of Education General Administrative Regulations, 34 C.F.R. Subtitle A, Part 86.

Roseman University of Health Sciences complies with the Omnibus Anti-drug Abuse Act of 1988 (the Drug- Free Workplace Act) and is committed to providing a safe workplace and learning environment. The university is committed to maintaining a safe, healthy, and efficient working environment for our employees and the students we serve. The unlawful or improper presence or use of controlled substances or alcohol in the workplace is dangerous. In accordance with the Drug-Free Workplace Act of 1988 and the Drug-Free Schools and Communities Act of 1989, students and employees are prohibited from the unlawful possession, use, or distribution of illicit drugs or alcohol while on College property and while conducting college-related activities off College premises or as part of College activities.

Violations of the law or Roseman University regulations will result in disciplinary action for students and employees up to and including expulsion of students and/or termination of employment pursuant to a student's College Student Code of Conduct and Roseman University policies and referral for criminal prosecution. A disciplinary sanction may include the completion of an appropriate educational or rehabilitation program. Sanctions for student organizations may include, but are not limited to, warning, probation, denial of use of Roseman University facilities, and withdrawal of organization recognition.

Roseman University prohibits the unlawful possession, use, sale, or distribution of alcohol by students or employees on university premises or as part of any university activity. The legal age for drinking alcohol in Nevada and Utah is 21 and it is against state laws to sell or give alcohol to anyone under the age of 21. Roseman policy prohibits the forced consumption of liquor or drugs for the purpose of initiation or affiliation with a Roseman student organization. Any student or employee who violates underage drinking laws on campus will be subject to referral for disciplinary action, up to and including expulsion from school and termination of employment.

Roseman University is a drug free campus and the unlawful possession, use, sale, manufacture, or distribution of illegal drugs or other controlled substances on the university premises or as part of any university activity is illegal and is strictly prohibited. Any student or employee who violates university policy prohibiting the manufacture, use or possession of illegal drugs on campus will be subject to referral for disciplinary action, up to and including expulsion from school and termination of employment. Roseman University's definition of a controlled substance is consistent with Nevada regulations adopted pursuant to NRS 453.146 (NAC 453.510 to NAC 453.550 inclusive). The possession or use of prescription drugs without a proper prescription is a crime in the State of Nevada and Utah. Federal law prohibits the use of marijuana on college and university campuses that receive federal funding

Roseman University students enrolled in the College of Dental Medicine, College of Graduate Studies, College of Nursing and College of Pharmacy throughout their course of studies are provided information about drug and alcohol abuse throughout their didactic and clinical/experiential requirements. Didactic instruction includes courses on pharmacology, public/community health, federal and state laws, and interprofessional education seminars. Dental, Nursing and Pharmacy students learn about the rules and regulations regarding controlled substances. Students in the College of Graduate Studies can take a course on Public Health and Epidemiology. Students required to complete clinical/experiential education receive “real world” exposure to issues involving alcohol and drug abuse.

Each Roseman University College has policies relating to drug and alcohol use, including their own Student Professional Code of Conduct that includes a commitment to a professional responsibility to seek help when a student is impaired. These policies govern students who demonstrate unsafe behaviors during their participation in any learning experience, including classroom, clinical laboratory, clinical settings, and other school sponsored functions. The Student Professional Code of Conduct is published in each College’s Student Handbook that students are required to sign an acknowledgement of adherence to the Code at the beginning of every academic year. Each College may arrange for students to receive presentations from guest speakers in their profession about the risks of drug and alcohol abuse and guidance on how a professional should respond when they suspect that they or a colleague shows signs of impairment. Any student found responsible for violating their College’s Student Code of Conduct or their Student Handbook’s rules involving alcohol or drug use will be subject to disciplinary action, up to and including dismissal from his/her program of study and the University. Other possible sanctions include: restrictions, loss of privileges, restitution, assessments and or treatment referrals, reflection papers, conduct probation, deferred suspension, suspension, and other educational sanctions.

Roseman University employees are governed by the Roseman University Employee Handbook and the Roseman University Faculty Handbook. Licensed health care professionals who are Roseman employees are also governed by their professional licensing boards and the Memorandum of Understanding (MOU) the University has negotiated with the employee’s clinical site.

The Roseman University Employee Handbook states that employees are prohibited from reporting to work or working while using illegal or unauthorized substances. Employees are prohibited from reporting to work, or working when the employee uses any controlled substance, except when the use is pursuant to a doctor's orders and the doctor advised the employee that the substance does not adversely affect the employee's ability to safely perform his or her job duties. Employees are prohibited from engaging in the unlawful or unauthorized manufacture, distribution, sale or possession of illegal substances and alcohol in the workplace including: on university paid time, on university premises, in university vehicles or while engaged in university activities. Employees are also prohibited from reporting for duty or remaining on duty with any alcohol in their systems. Employees are also prohibited from consuming alcohol during working hours, including meal and break periods. This does not include the authorized use of alcohol at university sponsored functions or activities. Any violation of this policy may result in disciplinary action, up to and including discharge. Furthermore, any employee who violates this

policy who is subject to termination, may be permitted in lieu of termination, at the university's sole discretion, to participate in and successfully complete an appropriate treatment, counseling or rehabilitation program as recommended by a substance abuse professional as a condition of continued employment and in accordance with applicable federal, state and local laws.

Consistent with its fair employment policy, the university maintains a policy of nondiscrimination and reasonable accommodation with respect to recovering addicts and alcoholics, and those having a medical history reflecting treatment for substance abuse conditions. The University encourage employees to seek assistance before their substance or alcohol use renders them unable to perform their essential job functions or jeopardizes the health and safety of themselves or others. The university will attempt to assist its employees through referrals to rehabilitation, appropriate leaves of absence and other measures consistent with the university's policies and applicable federal, state, or local laws.

The university further reserves the right to take all appropriate and lawful actions necessary to enforce this substance abuse policy including, but not limited to, the inspection of university issued lockers, desks, or other suspected areas of concealment, as well as an employee's personal property when the university has reasonable suspicion to believe that the employee has violated this substance abuse policy.

Roseman University follows local, state, and federal compliance standards. Salt Lake City and Salt Lake County adhere to the standards set forth by Utah state law and these are the minimum rules for the entire state. Las Vegas, Henderson and Clark County adhere to the standards set by Nevada law. Violations of federal, state, or local laws and ordinances concerning drugs and alcohol can lead to felony or misdemeanor convictions and legal sanctions, which include but are not limited to: fines, imprisonment, forfeiture of property, and loss of driving privileges.

Federal Trafficking Penalties

For federal drug trafficking penalties:

https://www.dea.gov/sites/default/files/drug_of_abuse.pdf#page=30 and see table below)

In 1984, the National Minimum Drinking Age Act (Public Law 98-363) was passed:

http://www.nhtsa.dot.gov/people/injury/alcohol/Community%20Guides%20HTML/PDFs/Public_App7.pdf

Federal Trafficking Penalties for Schedules I, II, III, IV, and V (except Marijuana)				
Schedule	Substance/Quantity	Penalty	Substance/Quantity	Penalty
II	Cocaine 500-4999 grams mixture	First Offense: Not less than 5 yrs. and not more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$5 million if an individual, \$25 million if not an individual.	Cocaine 5 kilograms or more mixture	First Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$10 million if an individual, \$50 million if not an individual
II	Cocaine 28-279 grams mixture		Cocaine Base 280 grams or more mixture	
IV	Fentanyl 40-399 grams mixture		Fentanyl 400 grams or more mixture	
I	Fentanyl Analogue 10-99 grams mixture		Fentanyl Analogue 100 grams or more mixture	
I	Heroin 100-999 grams mixture	Second Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$8 million if an individual, \$50 million if not an individual	Heroin 1 kilogram or more mixture	Second Offense: Not less than 20 yrs., and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual 2 or More Prior Offenses: Life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual
I	LSD 1-9 grams mixture		LSD 10 grams or more mixture	
II	Methamphetamine 5-49 grams pure or 50-499 grams mixture		Methamphetamine 50 grams or more pure or 500 grams or more mixture	
II	PCP 10-99 grams pure or 100-999		PCP 100 grams or more pure or 1 kilogram or more mixture	

Substance/Quality	Penalty
Any Amount of other Schedule I & II Substances	First Offense: Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than Life. Fine \$1 million if an individual, \$5 million if not an individual.
Any Drug Product Containing Gamma Hydroxybutyric Acid	Second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if not an individual
Flunitrazepam (Schedule IV) 1 Gram	First Offense: Not more than 10 yrs. If death or serious bodily injury, not more than 15 yrs. Fine not more than \$500,000 if an individual, \$2.5 million if not an individual.
Any Amount Of Other Schedule III Drugs	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.
Any Amount Of All Other Schedule IV Drugs (other than one gram or more of Flunitrazepam)	First Offense: Not more than 5 yrs. Fine not more than \$250,000 if an individual, \$1 million if not an individual Second Offense: Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if other than an individual.
Any Amount Of All Schedule V Drugs	First Offense: Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual. Second Offense: Not more than 4 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.

Federal Trafficking Penalties – Marijuana

Federal Trafficking for Marijuana, Hashish and Hashish Oil, Schedule I Substance	
Marijuana 1,000 kilograms or more marijuana mixture or 1,000 or more marijuana plants	First Offense: Not less than 10 yrs. or more than life. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than \$10 million if an individual, \$50 million if other than an individual Second offense: 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 individual.
Marijuana 100 to 999 kilograms marijuana mixture or 100 to 999 marijuana plants	First offense: 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 Second Offense: 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 50 to 99 kilograms marijuana mixture, 50 to 99 marijuana plants	First Offense: Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine \$1 million if an individual, \$5 million of other than an individual.
Hashish More than 10 kilograms	Second Offense: Not more than 30 yrs. If death or serious bodily injury, life, imprisonment. Fine \$2 million if an individual, \$10 million of other than an individual.
Hashish Oil More than 1 kilogram	

Marijuana less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight) 1 to 49 marijuana plants	First Offense: Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual. Second Offense: Not more than 10 yrs. Fine \$150,000 if an individual, \$2 million if other an individual
Hashish 10 kilograms or less	
Hashish Oil 1 kilogram or less	

NEVADA DRUG LAWS AND PENALTIES

Unlawful Possession, Not For Purpose of Sale NRS 453.336(3)

Flunitrazepam (Rohypnol, “Roofies”) or Gamma-Hydroxybutyrate (GHB, “Club Drug”, “Rape Drug”)

Classification of Penalty	Offense Number	Sentence
Category B Felony	1 st Offense	1 to 6 years in state prison, no fine

Unlawful Possession for Sale of Schedule I or II Drugs, Flunitrazepam, and Gamma-Hydroxybutyrate NRS 453.337

Classification of Penalty	Offense Number	Sentence
Category D Felony	1 st Offense	1 to 4 years in state prison and/or a fine of not more than \$5,000
Category C Felony	2 nd Offense	Mandatory 1 to 5 years in state prison and/or a fine of not more than \$10,000
Category B Felony	3 rd Offense	Mandatory 3 to 15 years in state prison and/or a fine of not more than \$20,000 for each offense

Unlawful Possession for Sale of Schedule III, IV, or V Drugs NRS 453.338

Classification of Penalty	Offense Number / Drug Schedule	Sentence
Category D Felony	1 st or 2 nd Offense	1 to 4 years in state prison and/or a fine of not more than \$10,000
Category C Felony	3 rd or Subsequent Offense	Mandatory 1 to 5 years in prison and/or a fine of not more than \$10,000

Trafficking in Controlled Substances, Flunitrazepam, Gamma-Hydroxybutyrate, and Schedule I, excluding Marijuana 453.3385, Drug Weight and Sentences

Category B Felony	Between 4 and 14 grams	Mandatory 1 to 6 years in state prison and/or up to \$50,000 in fines
Category B Felony	Between 14 and 28 grams	Mandatory 2 to 15 years in state prison and/or up to \$100,000 in fines
Category A Felony	28 grams or more	Mandatory 10 to 25 years in prison, or mandatory 10 to life in prison, and up to \$500,000 in fines

The following Nevada state laws should be considered as they could result in a misdemeanor conviction:

- NRS 202.020 Purchase, consumption or possession of alcoholic beverage by a minor.
- NRS 202.040 False representation by a minor to obtain intoxicating liquor.
- NRS 202.055 Sale or furnishing of alcoholic beverage to a minor; aiding a minor to purchase or procure alcoholic beverage.
- NRS 205.460 Preparation, transfer, or use of false identification regarding persons under 21 years of age for the purpose and with the intention of purchasing alcoholic liquor or being served alcoholic liquor

Other laws and regulations to consider are:

- NRS 453.011 provides definitions of illegal drugs and illegal acts as well as penalties for those illegal acts.
- NRS 453.146 and NAC 453.510-NAC 453.550

UTAH DRUG LAWS AND PENALTIES

Utah laws prohibit the possession and distribution of controlled substances. Utah Code Ann. §58-37-4 provides a list of controlled substances, which include drugs such as marijuana, heroin, cocaine, and prescribed medications.

In Utah, it is unlawful to produce, manufacture and/or dispense a controlled substance. Violation of this law may result charges running from a class A misdemeanor to second degree felony depending upon the type of controlled substance and the circumstances of the crime. Utah Code Ann. § 58-37-8(1).

In Utah, it is unlawful to possess or use a controlled substance except pursuant to a valid prescription. Violation of this law may result in charges running from a class B misdemeanor to second degree felony depending upon the quantity of drugs within the individual's possession. See Utah Code Ann. §58-37-8(2).

Penalties for drug violations in Utah may include incarceration for certain periods of time and fines ranging from \$750 to \$10,000 depending upon the nature and circumstances of the offense. Utah law provides for enhanced penalties and charges if the drug violations occur on a college campus.

For more information about Utah drug laws:

<https://le.utah.gov/xcode/Title58/Chapter37/58-37-S8.html>

Utah law prohibits minors under the age of 21 from consuming alcohol - see Utah Code Ann. § 32B- 4-409. A violation of this law will result in the suspension of driving privileges.

It is also unlawful in Utah to sell or distribute alcohol to a minor Utah Code Ann § 32B-4-403. Violation of this law is a class A or B misdemeanor.

For more information about Utah's alcohol laws, visit:

https://le.utah.gov/xcode/Title32B/32B.html?v=C32B_1800010118000101

Utah law prohibits driving while under the influence of alcohol – see Utah Code Ann. §41-6a-503. Violations of this law may result in a class B misdemeanor to a third-degree felony depending upon the circumstances. Driving under the influence will also result in the suspension or revocation of a driving license.

ROSEMAN UNIVERSITY COLLEGE AND PROGRAM STUDENT HANDBOOK STATEMENTS ON DRUG AND ALCHOL

COLLEGE OF DENTAL MEDICINE

Probation and Suspension for Professional or Personal Misconduct

Students who exhibit inappropriate professional or personal behavior may be placed on Probation or Suspended for Professional or Personal Misconduct. **Inappropriate professional or personal behavior includes, but is not be limited to, the following... misuse of drugs, alcohol or other substances...**

Drug Testing

...the Office of Clinical Affairs and Patient Care and Assistant Dean for General Dentistry Education reserves the right the right to request a drug screen as when CODM Clinic Managers, faculty or administration believe they have a reasonable suspicion that a student may be impaired.

The College of Dental Medicine reserves the right to deny admission to, or terminate the enrollment of, individuals with criminal or drug histories that affect participation in activities at the College or at affiliated training sites. Inability to participate in clinical or other required educational activities may adversely affect the student's ability to graduate. A student will not be awarded a degree if all aspects of the curriculum are not completed, including clinical rotations at training sites.

Honor Code

Seeking treatment for any personal impairment, including substance abuse, which could adversely impact patients, instructors, health care providers or other students.

If sufficient facts exist to resolve the problem alleged by the accuser(s) the Deans conducting the investigation can then determine appropriate punitive action (if any) based upon the findings of fact. This includes probation and suspension.

AEODO RESIDENT HANDBOOK

Policies and Procedures Pertaining to Professionalism

Consequently, upon accepting admission to the University, each resident agrees to abide by basic standards of honesty and academic integrity, which include but are not limited to....

Seeking treatment for any personal impairment, including substance abuse, which could adversely impact patients, instructors, health care providers or other residents.

COLLEGE OF NURSING

Unprofessional Conduct

...criminal convictions for crimes against persons or property; on university grounds under the influence of non-prescribed controlled substances or alcohol, etc.

The student may be encouraged to seek treatment for alcohol and/or drug addiction.

However, if the student continues to engage in unprofessional conduct, he/she may be

recommended for additional misconduct proceedings which may include anything up to and including probation, suspension or withdrawal.

Any of the following behaviors are sufficient grounds for faculty to determine that the student is unsafe clinically and may not continue in his/her clinical rotations...

Illegal use of drugs or the consumption of alcohol during clinical rotations, or under the influence of drugs, alcohol, or mind-altering medications

COLLEGE OF PHARMACY

Drug and Alcohol Screening

If a student does not achieve a satisfactory outcome for the drug and alcohol screening test or refuses the drug and alcohol screening, it may preclude participation in experiential rotations.

Standards of Professional Conduct

Seeking treatment for any personal impairment, including substance abuse, which could adversely impact patients, instructors, health care providers or other students.

A student who exhibits inappropriate professional or personal behavior may be placed on Probation for Professional or Personal Misconduct. Violations can also lead to suspension or termination from the program.

IMPACT ON FEDERAL STUDENT AID ELIGIBILITY

Drug convictions while enrolled as a student at Roseman University may affect a student's eligibility for federal student aid. "Drug convictions during a period of enrollment in which the student is receiving Title IV, HEA program funds, under any federal or state law involving the possession or sale of illegal drugs will result in the loss of eligibility for any Title IV, HEA grant, loan, or work-study assistance." [HEA Sec. 484(r)(1); 20 U. S. C. 109(r)(1)].

Any student convicted of possessing illegal drugs while receiving Title IV assistance will be ineligible for federal financial aid based on the table below. If convicted of both possessing and selling illegal drugs and the periods of ineligibility are different, the longer penalty will apply. In addition, violations of federal, state or local laws and ordinances concerning drugs and alcohol can lead to felony or misdemeanor convictions and legal sanctions, which include but are not limited to: fines, imprisonment, forfeiture of property, and loss of driving privileges.

	Possession of illegal drugs	Sale of illegal drugs (includes convictions for conspiring to sell illegal drugs)
1 st offense	1 year from the date of conviction	2 years from date of conviction
2 nd offense	2 years from date of conviction	Indefinite period
3+ offenses	Indefinite period	Indefinite period

*includes convictions for conspiring to sell illegal drugs

For more information refer to the Federal Student Aid Webpage at:
<https://studentaid.gov/understand-aid/eligibility/requirements/criminal-convictions>

The following risks of alcohol and drug abuse are also published in the Roseman University Faculty Handbook. This content was approved by Roseman University's Administrative Council on October 6, 2014

The University Policy on Use of Alcohol and Other Drugs by Students, Faculty and Staff and the Substance Abuse Policy as stated in the University Catalog applies to all faculty.

1. Alcohol and Drug Abuse Prevention

a. Alcohol

Alcohol is a liquid distilled product of fermented fruits, grains and vegetables.

1. Short-term Effects:

- distorted vision, hearing, and coordination
- altered perceptions and emotions
- impaired judgment
- bad breath; hangovers

2. Long-term Effects which would be the result of alcoholism:

- liver disease
- heart disease
- certain forms of cancer
- pancreatitis

Alcoholism, also known as “alcohol dependence,” is a disease that these four symptoms:

Craving: A strong need, or compulsion, to drink.

Loss of control: The inability to limit one’s drinking on any given occasion.

Physical dependence: Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety, occur when alcohol use is stopped after a period of heavy drinking.

Tolerance: The need to drink greater amounts of alcohol to “get high.”

b. Heroin

Heroin is a highly addictive drug and is processed from morphine, a naturally occurring substance extracted from the seedpod of the Asian poppy plant.

1. Short-term Effects:

appear soon after a single dose and disappear in a few hours.

After an injection of heroin, the user reports feeling a surge of euphoria ("rush") accompanied by a warm flushing of the skin, a dry mouth, and heavy extremities.

Following this initial euphoria, the user goes "on the nod," an alternately wakeful and drowsy state. Mental functioning becomes clouded due to the depression of the central nervous system.

2. Long-term Effects:

Chronic users may develop collapsed veins, infection of the heart lining and valves, abscesses, cellulitis, and liver disease. Pulmonary complications, including various types of pneumonia, may result from the poor health condition of the abuser, as well as from heroin's depressing effects on respiration.

c. Cocaine or "Crack" Cocaine is a powerfully addictive stimulant that directly affects the brain.

1. Short Term Effects:

- increased heart rate, blood pressure, metabolism
- feelings of exhilaration, energy
- increased mental alertness
- increased temperature

2. Long Term Effects:

- rapid irregular heartbeat
- reduced appetite, weight loss
- heart failure
- chest pain
- respiratory failure
- nausea
- abdominal pain
- strokes
- seizures
- headaches
- malnutrition

Physical effects of cocaine use include constricted peripheral blood vessels, dilated pupils, and increased temperature, heart rate, and blood pressure. The duration of cocaine's immediate euphoric effects, which include hyper-stimulation, reduced fatigue, and mental clarity, depends on the route of administration. The faster the absorption, the more intense the high. On the other hand, the faster the absorption,

the shorter the duration of action. The high from snorting may last 15 to 30 minutes, while that from smoking may last 5 to 10 minutes. Increased use can reduce the period of stimulation. High doses of cocaine and/or prolonged use can trigger paranoia.

Smoking crack cocaine can produce a particularly aggressive paranoid behavior in users. When addicted individuals stop using cocaine, they often become depressed. This also may lead to further cocaine use to alleviate depression. Prolonged cocaine snorting can result in ulceration of the mucous membrane of the nose and can damage the nasal septum enough to cause it to collapse. Cocaine-related deaths are often a result of cardiac arrest or seizures followed by respiratory arrest.

d. Marijuana

All forms of marijuana are mind-altering. In other words, they change how the brain works. Marijuana is a green, brown, or gray mixture of dried, shredded leaves, stems, seeds, and flowers of the hemp plant.

1. Short Term Effects:

- euphoria
- slowed thinking and reaction time
- confusion
- impaired balance and coordination

2. Long Term Effects:

- cough
- frequent respiratory infections
- impaired memory and learning
- increased heart rate, anxiety
- panic attacks
- tolerance
- addiction

Effects of Heavy Marijuana Use on Learning and Social Behavior:

A study of college students has shown that critical skills related to attention, memory, and learning are impaired among people who use marijuana heavily, even after discontinuing its use for at least 24 hours. Seven researchers compared 65 "heavy users," who had smoked marijuana a median of 29 of the past 30 days, and 64 "light users," who had smoked a median of 1 of the past 30 days. After a closely monitored 19- to 24-hour period of abstinence from marijuana and other illicit drugs and alcohol, the undergraduates were given several standard tests measuring aspects of attention, memory, and learning. Compared to the light users, heavy marijuana users made more errors and had more difficulty sustaining attention,

shifting attention to meet the demands of changes in the environment, and in registering, processing, and using information. These findings suggest that the greater impairment among heavy users is likely due to an alteration of brain activity produced by marijuana.

e. Methamphetamine or “Meth”

Methamphetamine is a powerfully addictive stimulant that dramatically affects the central nervous system.

1. Short Term Effects:

- increased heart rate, blood pressure, metabolism
- feelings of exhilaration, energy
- increased mental alertness
- aggression, violence, or psychotic behavior

2. Long Term Effects:

- memory loss
- cardiac and neurological damage
- impaired memory and learning
- tolerance
- addiction

Methamphetamine releases high levels of the neurotransmitter dopamine, which stimulates brain cells, enhancing mood and body movement. It also appears to have a neurotoxic effect, damaging brain cells that contain dopamine and serotonin, another neurotransmitter. Over time, methamphetamine appears to cause reduced levels of dopamine, which can result in symptoms like those of Parkinson's disease, a severe movement disorder.

f. Prescription Drugs

Prescription medications such as pain relievers, tranquilizers, stimulants, and sedatives are very useful treatment tools but sometimes people do not take them as directed and may become addicted. The inappropriate or non-medical use of prescription medications is a serious public health concern. The most common forms are:

Opioids - often prescribed to treat pain

Example: Oxycontin, Demerol or Vicodin

CNS Depressants - used to treat anxiety and sleep disorders

Example: Nembutal and Valium

Stimulants - prescribed to treat narcolepsy and attention deficit/hyperactivity disorder

Example: Dexedrine and Ritalin

1. Long Term Effects:

Opioids or CNS depressants

- lead to physical dependence and addiction to

Stimulants (taken in higher doses)

- lead to compulsive use
- paranoia
- dangerously high body temperatures
- irregular heartbeat

Steroids

Human-made substances related to male sex hormones. Some athletes abuse anabolic steroids to enhance performance. Abuse of anabolic steroids can lead to serious health problems, some of which are irreversible.

1. Short Term Effects

increased heart rate, blood pressure, metabolism
feelings of exhilaration, energy
increased mental alertness
aggression, violence, or psychotic behavior

2. Long Term Effects

hypertension
blood clotting and cholesterol changes
liver cysts and cancer
kidney cancer
hostility and aggression
acne
adolescents, premature stoppage of growth
in males, prostate cancer, reduced sperm production, shrunken testicles, breast enlargement
in females, menstrual irregularities, development of beard and other masculine characteristics

For more information on the health risks of drugs:

<https://www.dea.gov/druginfo/factsheets.shtml> for more specific drug information)

Resources for Roseman University Employees and Students

Addiction Recovery Guide

www.addictionrecoveryguide.org

Addiction and Psychological Services, Inc. (located in South Jordan, UT)

1-801-302-1155

Al-Anon: 1-800-344-2666

Alcoholics Anonymous

702-598-1888

801-484-7871

www.alcoholics-anonymous.org/

www.lvcentraloffice.org

www.salakeaa.org

Alcoholics Anonymous Las Vegas Central Office

702-595-1888

www.lvcentraloffice.org

American Council for Drug Education (ACDE)

1-800-drughelp

www.acde.org/

American Council on Alcoholism Helpline

1-800-527-5344

Chemical Dependency Intensive Outpatient (CDIOP)-via Monte Vista Hospital

Morning and Evening Meetings Offered

702-364-1111 ext 3134

801-562-1940

Cocaine Anonymous

www.ca.org

Cocaine Hotline (24/7 drug helpline):

352-771-2700

College Drinking – Changing the Culture
www.collegedrinkingprevention.gov

FACE Resources, Training and Action on Alcohol Issues
1-888-822-3223
www.faceproject.org

Federal Substance Abuse and Mental Health Services Administration's Treatment Routing Services
1-800-662-4357

Heroin Information
www.herion-information.org
1-800-559-9503
www.heroin.org

Las Vegas Recovery Center:
702-515-1373

Marijuana Anonymous
www.marijuana-anonymous.org

Narconon-Drug and Alcohol Education and Rehabilitation Services
(holistic approach to treatment) brochures available in library
1-775-726-3948
www.rainbowcanyon.us

Narcotics Anonymous (Southern Nevada)
1-702-369-3362-24 hours
www.snasc.org

Narcotics Anonymous (Salt Lake City area)
801-296-4044
801-296-4045
www.wsona.org
www.utahna.info

National Association of State Alcohol/Drug Abuse Directors (NASADAD)
www.nasadad.org/about1.htm

National Clearinghouse for Alcohol and Drug Information (NCADI)
1-800-729-6686
www.health.org

National Council on Alcoholism and Drug Dependence
1-800-NCA-CALL
www.ncadd.org

National Institute on Drug Abuse (NIDA)
www.nida.nih.gov

National Drug Information Treatment and Referral Hotline
Online alcohol test and resources on drugs and alcohol
Substance Abuse Treatment Facility Locator
1-800-662-HELP
www.dasis3.samhsa.gov

Nevada State Board of Nursing
775-688-2690
www.nursingboard.state.nv.us

Nevada State Board of Pharmacy
1-775-850-1440
www.state.nv.us/pharmacy

Region 51 Narcotics Anonymous:
888-495-3222
www.region51na.org

Salvation Army Adult Rehabilitation Program (Las Vegas, Nevada)
702-399-2769

University of Utah Neuropsychiatric Institute
801-583-2500

U.S. Department of Education's Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention

1-800-676-1730

www.higheredcenter.org/

Utah State Board of Nursing

1-866-275-3675-toll free in Utah

www.dopl.utah.gov/licensing/nurse.html

Utah State Board of Pharmacy

801-530-6179

www.dopl.utah.gov

Roseman employees and students are encouraged to use their respective Employee Assistance Plan (EAP) and Student Assistance Plan (SAP).

Any Roseman employee or student who has questions about this statement or who wishes to receive further information on the college's Drug-Free Schools and Communities Act and Drug-Free Workplace Act program, should contact Roseman's Vice President of Student Affairs or Roseman's Director of the Office of Human Resources.

Students may contact Roseman University's Vice President for Student Affairs and employees may contact Roseman University's Director of Human Resources, in confidence, for resources regarding alcohol or drug abuse counseling, treatment, or rehabilitation programs.