



# Substance Abuse Policies and Prevention Program

2022-2023

## **Substance Abuse Policies and Prevention Program**

Seattle University's Substance Abuse Policies and Prevention Program reflect the University's commitment to the health, safety, and well-being of each member of the Seattle University Community. In order to further student learning and development, and to promote the University's academic mission, Seattle University fosters an environment of personal and collective responsibility. This means that all members of the University—students, faculty, and staff—have a role in ensuring the wellbeing of our community, particularly as it pertains to the misuse of alcohol and other drugs.

As a Jesuit university, Seattle University is committed to *Cura Personalis*, or the care for the whole person. This extends to our alcohol and other drug education program. Seattle University recognizes that community members have choice regarding their personal use of alcohol and other drugs and seeks to provide education that will help community members make informed, evidence-based choices. To this end, Seattle University provides a comprehensive, evidence-based risk reduction education through its programs and services and support to community members interested in or currently engaging in use reduction and/or recovery.

The purpose of this brochure is to make all members of the Seattle University community aware of the:

- Resources available to students, faculty, and staff who are concerned about their own alcohol or drug use, or that of a friend, family member, or colleague;
- Health risks associated with the use of illicit drugs and alcohol abuse;
- Policies governing the use of alcohol or illicit drugs in the campus community;
- Disciplinary sanctions for failing to adhere to University policies regarding drug or alcohol use; and
- Local, state, and federal laws governing alcohol and drug use.

Consistent with the law, the University conducts biennial reviews of its Substance Abuse Policies and Prevention Program to determine the effectiveness of the program and areas for improvement. The information included in this brochure will help in making informed decisions about the use of alcohol and other drugs. Careful attention to this information will help students, faculty, and staff promote the university's compliance with the Drug-Free Workplace Act of 1988 and the Drug-Free Schools and Communities Act of 1989.

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## **I. Policies on Drug or Alcohol Use by the Campus Community**

### ***A. Policy on Drug or Alcohol Use by Students***

The misuse of alcohol and other drugs undermines the University's ability to achieve its central mission—the academic and social development of its students. Seattle University therefore prohibits the illegal and irresponsible use of alcohol and other drugs by students. Students at Seattle University have the responsibility to conduct themselves in a lawful and appropriate manner consistent with the mission of the University. Each student has the responsibility to know the risks associated with the use and abuse of alcohol and other drugs and to assist the University in creating an environment that promotes health-enhancing attitudes and activities.

#### **i. Alcohol**

1. It is illegal in the State of Washington for anyone under the age of 21 to possess, purchase, distribute, consume, or acquire alcoholic beverages, and it is illegal for anyone over the age of 21 to provide alcohol to someone under the age of 21.
2. The possession, sale, distribution, and consumption of alcoholic beverages on the University's campuses or in connection with University-sponsored or related events is permitted only within the limits prescribed by Washington local, state and federal laws, and in accordance with any rules, regulations, policies, and programs that may be established by the University from time to time. Examples of those regulations include the Resident Handbook and the Code of Student Conduct.
3. The Code of Student Conduct prohibits: (1) the consumption, possession, purchase, sale, or distribution of alcoholic beverages except as permitted by law and by University policy; (2) public intoxication; and (3) being in the presence of alcohol while under the age of 21 in Seattle University-sponsored housing or on other University premises, except as permitted by law and by University policy.
4. The Resident Handbook prohibits students under the age of 21 from participating in events where alcohol is being served or being in the presence of alcohol in a residence hall room. No alcohol may be consumed, stored, or taken into a room of a student who is under 21, even if the student has a roommate who is over 21. Presence by a student under the age of 21 in a room where alcohol is permitted to be consumed may lead to the conclusion that the underage individual was consuming alcohol, and the underage individual may be held responsible.
5. The Resident Handbook provides that students who are at least 21 years old may consume alcohol responsibly in the privacy of their rooms with the door closed. However, no alcohol may be consumed in the public areas of the residence hall, such as the hallways, lobbies, and bathrooms.
6. The Resident Handbook prohibits all students, regardless of age, from possessing alcohol drinking devices or playing drinking games designed for the rapid consumption of alcohol.
7. The Resident Handbook provides that students who are noticeably intoxicated and/or disruptive in their residence hall or apartment may be documented for

violation of the alcohol policy.

8. The Resident Handbook prohibits deliveries or shipments of alcohol to a student housing facility.
9. The University strictly prohibits the sale, possession, distribution, manufacture, or consumption of alcoholic beverages at any University-sponsored event, except as expressly permitted by the Campus Policy for Alcohol Use at Events (*see* Section 1.C).
10. The University strictly prohibits any person from bringing alcoholic beverages into University housing or consuming alcoholic beverages within University housing, except as expressly permitted by the regulations established by Residence Life and Housing's Resident Handbook and the student Housing Agreement.
11. Except as permitted by the Campus Policy for Alcohol Use at Events, open containers of alcohol are prohibited in all public areas of the University campuses. This includes any holder or receptacle of alcohol where the seal has been broken and/or holders that allow unobstructed, unrestricted, or otherwise open access to alcohol. This includes, but is not limited to, cans, cups, bottles, kegs, and flasks.
12. State law and the University strictly prohibit the possession, use, sale, furnishing, or manufacture of false identification by students for the purpose of obtaining alcoholic beverages.
13. The University strictly prohibits aiding or abetting an underage person in the purchase or consumption of alcoholic beverages.

The University will not excuse acts of misconduct committed by students whose judgment is impaired by consumption of alcohol or drugs. Students are expected to assume responsibility for their own behavior and must understand that being under the influence of drugs or alcohol in no way lessens their accountability to the University community. Violations of the law or University rules or policies relating to drug or alcohol use will result in disciplinary sanctions up to and including dismissal as described in the Code of Student Conduct. In general, students will be disciplined if their use of alcohol or drugs is illegal or threatens to create public disorder, public disturbances, danger to themselves or others, or property damage. In addition, the University has the right to refer suspected unlawful drug or alcohol-related incidents to appropriate federal, state, or local legal authorities.

## **ii. Drugs**

1. The University strictly prohibits the manufacture, sale, possession, distribution, dispensing, or use by a student of a controlled or illegal substance not medically authorized.
2. The University strictly prohibits the manufacture, sale, possession, distribution, or dispensing by a student of drug paraphernalia.
3. The University prohibits public intoxication by any drug.
4. The University prohibits students from consuming, possessing, purchasing,

selling, distributing, or misusing marijuana/cannabis, as well as public intoxication from use of marijuana/cannabis. All students are prohibited from storing, providing, being in the presence of, or using marijuana/cannabis on University premises or at official University functions, regardless of location.

**Table 1: AOD Resources for Students**

<b>Resource</b>	<b>Location</b>
Code of Student Conduct	<a href="https://www.seattleu.edu/media/dean-of-students/files/policies/SUCode_2022-23.pdf">https://www.seattleu.edu/media/dean-of-students/files/policies/SUCode_2022-23.pdf</a>
Residence Life Handbook	<a href="https://www.seattleu.edu/media/housing-and-residence-life/files/policiesandprocedures/Resident-Handbook-2022-2023.pdf">https://www.seattleu.edu/media/housing-and-residence-life/files/policiesandprocedures/Resident-Handbook-2022-2023.pdf</a>
Student Housing Agreement	<a href="https://www.seattleu.edu/media/housing-and-residence-life/files/policiesandprocedures/2022-2023-Housing-Agreement.pdf">https://www.seattleu.edu/media/housing-and-residence-life/files/policiesandprocedures/2022-2023-Housing-Agreement.pdf</a>
Counseling & Psychological Services	<a href="https://www.seattleu.edu/caps/">https://www.seattleu.edu/caps/</a> (206) 296-6090 caps@seattleu.edu
Student Health Center	<a href="http://seattleu.edu/student-health/">seattleu.edu/student-health/</a> Bellarmine Hall #107 206.296.6300 studenthealthcenter@seattleu.edu
Wellness & Health Promotion	<a href="https://www.seattleu.edu/wellness/">https://www.seattleu.edu/wellness/</a> Student Center 380 (206) 220-8450 wellness@seattleu.edu
TimelyCare	<a href="http://www.seattleu.edu/wellness/timelycare">www.seattleu.edu/wellness/timelycare</a> <a href="http://www.timelycare.com/seattleu">www.timelycare.com/seattleu</a>

**B. Policy on Drug or Alcohol Use by Employees**

Seattle University employees have the responsibility to perform their jobs in a safe, conscientious, and effective manner. University employees must be able to work in a drug-free environment and themselves be free from the effects of substances. Accordingly, in connection with all workplace or University-related activities, the following rules apply:

**i. Alcohol**

The consumption of alcohol is prohibited except where a legal permit or advance consent from the University has been obtained.

Violations of the policies on alcohol use by employees will result in disciplinary action

up to and including immediate termination of employment. In addition, the University has the right to notify local, state, or federal legal authorities of suspected illegal activity relating to drugs or alcohol. The University encourages employees who observe or have knowledge that an employee is impaired by drugs or alcohol while at work or while participating in University activities to report such condition to the appropriate supervisor.

In some instances, substance abuse may be considered a disability covered by federal, state, and local laws. The University complies with the Americans with Disabilities Act, Section 504 of the Rehabilitation Act, and state and local laws that extend protection from discrimination in employment to qualified individuals with disabilities. The University also provides reasonable accommodations for individuals with disabilities. Any employee who suspects they have a drug or alcohol abuse problem is encouraged to seek assistance through the employee’s own efforts before the problem affects the employee’s employment status. The University provides an Employee Assistance Program to assist employees who seek help.

The University’s Human Resources Office also maintains a list of agencies that provide rehabilitative and counseling services, in compliance with the federal Drug-Free Workplace Act of 1988, and the Drug-Free Schools and Communities Act Amendments of 1989. In addition, the University pays in full for an independent, confidential Employee Assistance Program. Contact information for campus and community services is provided in Section III of this brochure.

**ii. Drugs**

The University strictly prohibits the manufacture, sale, possession, distribution, dispensing, or use by an employee of a controlled substance or drug not medically authorized, and the University strictly prohibits the use by an employee of a controlled substance (*e.g.*, prescription medication) that affects job performance or poses a hazard to the safety and welfare of the employee or others.

The Drug-Free Workplace Act requires an employee who is convicted of any workplace-related criminal drug violation to report the conviction to the Office of Human Resources within five (5) calendar days after the conviction. Recipients of grants (“grantees”), whether the University or the individual, must report in writing to the contracting or granting agency within 10 calendar days of receiving notice of the conviction.

***Table 2: AOD Resources for Employees***

<b><u>Resource</u></b>	<b><u>Location</u></b>
Human Resources Policy Manual	<a href="https://www.seattleu.edu/hr/employment-policies/200---hiring--employment/#id1249332">https://www.seattleu.edu/hr/employment-policies/200---hiring--employment/#id1249332</a>
Human Resources Office	901 12 <sup>th</sup> Avenue, RIAN 218
VP of Human Resources and Equal Opportunity Officer	(206) 296-6445

### ***C. Campus Policy on Alcohol Use at Events***

To serve or sell alcohol on campus, an event sponsor must complete an Alcohol Service Request Form (“ASRF”) for an event and obtain a state permit. Please visit the Conference and Event Services’ (“CES”) website for a description of the type of permit you will need. If CES grants permission for alcohol service, it will sign the license application and return it to the event sponsor, who must mail it to the Washington State Liquor Control Board (“WSLCB”) with a check for the required fee. The permit/license must be posted during the event near the alcohol service area. The event sponsor is responsible, along with individuals directed to serve the alcohol, for compliance with all applicable laws (including the acquisition of all required permits), ordinances, and University policies pertaining to the use, sale, furnishing, or possession of alcohol. The license application must be submitted to the WSLCB at least 45 days prior to the event.

Under Washington law, alcohol may not be served to any person under the age of 21. A separate alcohol serving area may be required at events where persons under 21 will be present. The event’s sponsor will also be required to devise a system by which picture identification will be checked to verify legal age.

Washington law also requires that alcohol be served and monitored and not left unattended so as to allow free access. All service of alcohol to guests must stop 30 minutes prior to the ending time of the event. No alcoholic beverages may be consumed in public areas or on University property without the University’s prior written approval. In addition, no open containers of alcohol are permitted on University property at any time, except within the area covered by a valid liquor permit. Non-alcoholic beverages and food must be available and featured prominently at the event. Name brand beverages, high protein, and low salt foods are encouraged.

No event shall include any form of “drinking contest” or “drinking game” in its theme, activities, or promotion. Alcohol should not be used as an inducement to participate in a campus event.

Event sponsors (persons who sign for the banquet permit/special occasion license) and the individuals directed to serve the alcohol are responsible and obligated to refuse alcohol to anyone whom they believe has had too much to drink. The person named on the permit/license can and will be held responsible for all alcohol-related incidents.

“BYOB” events, kegs, or hard liquor of any kind are not permitted in University facilities or anywhere on campus. The University reserves the right to deny or limit the consumption of alcoholic beverages on the campus. For events where alcohol is served, the event sponsor is required to hire, at its own expense, and use alcohol servers who are employees of the University’s food services manager.

For additional information, contact Conference and Event Services at (206) 296-5620.

**Table 3: Resources Related to Campus Events**

<b>Resource</b>	<b>Location</b>
Conference and Event Services	<a href="https://www.seattleu.edu/ces/">https://www.seattleu.edu/ces/</a> (206) 296-5620 1313 Columbia Building <a href="mailto:rooms@seattleu.edu">rooms@seattleu.edu</a>
Internal Event Request Form	<a href="https://www.seattleu.edu/ces/plan-an-internal-event/">https://www.seattleu.edu/ces/plan-an-internal-event/</a>
External Event Request Form	<a href="https://www.seattleu.edu/ces/plan-an-external-event/">https://www.seattleu.edu/ces/plan-an-external-event/</a>
Alcohol Service Request Form	<a href="https://www.seattleu.edu/media/conference-and-events-services/files/Fillable-Alcohol-Service-Request-Form-Updated-July-2018.pdf">https://www.seattleu.edu/media/conference-and-events-services/files/Fillable-Alcohol-Service-Request-Form-Updated-July-2018.pdf</a>

**D. Redhawks Care Policy – Medical Amnesty**

At Seattle University, the health, safety, and welfare of our students and community are paramount concerns. All students are expected to inform appropriate officials in the event of any health or safety risk or emergency—specifically those involving alcohol or drug abuse—even if violations of the Code of Student Conduct may have occurred in connection with such a risk or emergency. Because the University understands that concern about possible disciplinary action may deter requests for emergency assistance, the University has adopted the Redhawks Care Policy to alleviate such concerns and promote responsible action on the part of students.

Generally, charges will not be brought against a student based solely on information they provide when:

- Seeking medical care for themselves or other(s), including seeking aid for an individual experiencing an alcohol or other drug-related emergency by contacting emergency services by calling Seattle University Public Safety or 911.
- Reporting symptoms, cooperating with contact tracing, and/or following self-isolation or quarantine recommendations.

In a situation involving imminent threat or danger to the health or safety of any individual(s), students are expected to:

- Contact Public Safety by calling 5-911 and/or 911 to report the incident on-campus and 911 off-campus;
- Remain with the individual(s) needing emergency treatment and cooperate with emergency officials; and
- Meet with appropriate University officials after the incident and cooperate with Integrity Formation procedures following the incident.

The Office of the Dean of Students will consider the positive impact of taking responsible action in an emergency situation when determining the appropriate response for alleged violations of the Code of Student Conduct by the reporting student in the risk or emergency situation. However, the policy does not preclude or prevent actions by police or other legal authorities, and student's failure to take responsible action in a risk or emergency situation, may void all protections under this provision, constitute an aggravating factor for purposes of sanctioning, and/or lead to further disciplinary actions when such failure to act otherwise constitutes a violation of University rules, regulations, or policies. The Office of the Dean of Students, however, may additionally refer students to the Office of Student Conduct and Integrity Formation for alleged violations of policies if those behaviors are reported to the University through other means.

***E. State and Federal Laws and Sanction***

Please see Appendix A for information regarding state and federal laws and sanctions.

**II. Health Risks of Alcohol and Drug use**

Alcohol and illicit drug use pose many physical and mental health risks. For family, friends, and coworkers, the ability to recognize the physical, behavioral, and psychological signs of substance misuse can be helpful to intervene and/or report as appropriate.

***A. Physical, Behavioral, and Psychological Signs of Alcohol and Drug Abuse***

Physical and health warning signs of alcohol or drug abuse:

- Eyes that are bloodshot or pupils that are smaller or larger than normal
- Frequent nosebleeds could be related to snorted drugs (meth or cocaine)
- Changes in appetite or sleep patterns
- Sudden weight loss or weight gain
- Seizures without a history of epilepsy
- Deterioration in personal grooming or physical appearance
- Injuries/accidents and they won't or can't tell you how they got hurt
- Unusual smells on breath, body, or clothing
- Shakes, tremors, incoherent or slurred speech, impaired or unstable coordination

Behavioral signs of alcohol or drug abuse:

- Drop in attendance and performance at work or school; loss of interest in extracurricular activities, hobbies, sports or exercise; decreased motivation
- Complaints from co-workers, supervisors, teachers, or classmates
- Unusual or unexplained need for money or financial problems, borrowing or stealing, missing money or valuables
- Silent, withdrawn, engaged in secretive or suspicious behaviors
- Sudden change in relationships, friends, favorite hangouts, and hobbies
- Frequently getting into trouble (arguments, fights, accidents, illegal activities)

Psychological warning signs of alcohol or drug abuse:

- Unexplained change in personality or attitude
- Sudden mood changes, irritability, angry outbursts, or laughing at nothing
- Periods of unusual hyperactivity or agitation

- Lack of motivation, inability to focus, appears lethargic or “spaced out”
- Appears fearful, withdrawn, anxious, or paranoid, with no apparent reason

It is important to recognize that while significant changes in academic performance, work performance, and interpersonal relationships are warning signs, persons with substance use disorders may have developed strategies to mask these warning signs. Persons with substance use disorders may be very successful and high functioning members of the community. Social biases about functioning and productivity should not be criteria to dismiss signs of a potential substance use disorder.

### ***B. Health Effects of Common Drugs of Abuse***

The following list is adapted from [www.drugabuse.gov](http://www.drugabuse.gov), which has a comprehensive list of the effects of commonly used drugs. The list below includes the drugs that most frequently affect the lives of college students, faculty, and staff.

Prescription stimulants and opioids are included in the list. The University affirms that when used as directed and under the care and supervision of a licensed medical provider these medications are safe and provide important therapeutic benefits. Individuals to whom these medications are prescribed are encouraged to regularly communicate with their medical provider regarding any side effects, unexpected changes in mood or behavior, and signs of abuse or addiction. The University encourages individuals who are using opioids or stimulants without a prescription to seek support and help (*see* Section III: Resources for Education and Treatment).

- Alcohol – Stimulant effect in small doses (BAC < .05) and depressant effects in larger doses (BAC > .05); common effects at larger doses include difficulty walking, blurred vision, slurred speech, slowed reaction times, and impaired memory and judgement; excessive alcohol consumption can result in permanent brain and other physical injury or death. Long-term misuse is known to cause issues with heart, liver, and pancreas and weakened immune responses.
- Cannabis – Short term use may result in enhanced sensory perception and euphoria followed by drowsiness/relaxation. Common responses to use include slowed reaction time, problems with balance and coordination, increased heart rate and appetite, problems with learning and memory, and anxiety. Long-term use is linked to increased likelihood of mental health concerns (depression, anxiety, and psychosis), chronic cough, and frequent respiratory infections.
- Cocaine – Effects of short-term use include narrowed blood vessels; enlarged pupils; increased body temperature, heart rate, and blood pressure; headache; abdominal pain and nausea; euphoria; increased energy; alertness; insomnia; restlessness; anxiety. Even with brief use cocaine may cause erratic and violent behavior, panic attacks, paranoia, psychosis; heart rhythm problems, heart attack; stroke, seizure, coma. Long term use effects include loss of sense of smell; nosebleeds; nasal damage and trouble swallowing from snorting; infection and death of bowel tissue from decreased blood flow; poor nutrition and weight loss; lung damage from smoking. Combination with alcohol increases likelihood of cardiac toxicity.

- Heroin – Short term effects include euphoria, dry mouth, itching, nausea, vomiting, analgesia, and slowed breathing and heart rate. Long-term use effects include collapsed veins, abscesses (swollen tissue with pus), infection of the lining and valves in the heart, constipation and stomach cramps, liver or kidney disease, and pneumonia. Combination with alcohol may cause dangerous slowdown of heart rate and breathing, coma, and/or death.
- 3,4-Methylenedioxy-Methamphetamine (MDMA; Extacy; Molly) – Short-term effects include lower inhibition, enhanced sensory perception, increased heart rate and blood pressure, muscle tension, nausea, chills and sweating, and sharp rise in body temperature leading to kidney failure or death. Long-term use contributes to confusion; depression; problems with attention, memory, and sleep; increased anxiety; impulsiveness; and disinterest in sex. Combination with alcohol increases risk of neurotoxic effects.
- Opioids (prescription) – Short-term effects include pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, and possibility of death with misuse. Long-term use concerns include addiction and increased risk of overdose and death.
- Stimulants (prescription) – Commonly prescribed as Adderall, Amphetamine, Concerta, Ritalin, Methylphenidate. Short-term effects include increased alertness, attention, energy; increased blood pressure and heart rate; narrowed blood vessels; increased blood sugar; opened-up breathing passages. At high doses, dangerously high body temperature and irregular heartbeat, heart disease, seizures. Long-term misuse risks include heart problems, psychosis, anger, paranoia.
- Tobacco/Nicotine and Vaping – Short-term use increases blood pressure, breathing, and heart rate, exposes lungs to a variety of chemicals and to metallic vapors created by heating the coils in the device. Long-term use greatly increases risk of cancer, especially lung cancer when smoked and oral cancers when chewed, chronic bronchitis, emphysema, heart disease, leukemia, cataracts, and pneumonia.

For a more comprehensive listing of the effects of commonly used drugs, please see <https://nida.nih.gov/drug-topics/commonly-used-drugs-charts>.

**Table 4: Resources Related to AOD Health Effects**

<u>Resource</u>	<u>Location</u>
National Institute on Drug Abuse	<a href="https://nida.nih.gov/">https://nida.nih.gov/</a>
National Institute on Alcohol Abuse and Alcoholism	<a href="https://www.niaaa.nih.gov/">https://www.niaaa.nih.gov/</a>
Learn About Marijuana Washington	<a href="https://www.learnaboutmarijuanawa.org/">https://www.learnaboutmarijuanawa.org/</a>
College Drinking	<a href="https://www.collegedrinkingprevention.gov/">https://www.collegedrinkingprevention.gov/</a>

Alcohol eCheckup to Go for Seattle U Students	<a href="https://echeckup.sdsu.edu/usa/alc/coll/seattleu/">https://echeckup.sdsu.edu/usa/alc/coll/seattleu/</a>
Cannabis eCheckup to Go Seattle U Students	<a href="https://echeckup.sdsu.edu/usa/mj/coll/seattleu/">https://echeckup.sdsu.edu/usa/mj/coll/seattleu/</a>
Mental Health and Substance Use Disorder Screenings	<a href="https://screening.mentalhealthscreening.org/seattleu">https://screening.mentalhealthscreening.org/seattleu</a>
Wellness and Health Promotion's AOD Education Site	<a href="https://www.seattleu.edu/wellness/aod/">https://www.seattleu.edu/wellness/aod/</a>

### III. Resources for Education and Treatment

#### A. *Campus Services for Students*

1. Consultation for problems alcohol and other drug related use is provided by the Student Health Center (“SHC”), Counseling and Psychological Services (“CAPS”), and Wellness and Health Promotion. Students who believe they have a problem or who have a concern about another person are encouraged to seek assistance.
2. SHC and CAPS staff are available for confidential consultation.
3. If screening indicates substance abuse or dependency requiring more focused treatment, individuals will be referred to appropriate community health resources. SCH and CAPS keep a list of community agencies meeting a range of needs and financial capacities. Individuals are responsible for costs incurred for off-campus services.

**Table 5: Campus Support Resources**

<u>Resource</u>	<u>Location</u>
Student Health Center	<a href="http://seattleu.edu/student-health/">seattleu.edu/student-health/</a> Bellarmine Hall #107 206.296.6300 studenthealthcenter@seattleu.edu
Counseling & Psychological Services	<a href="https://www.seattleu.edu/caps/">https://www.seattleu.edu/caps/</a> (206) 296-6090 caps@seattleu.edu
Wellness & Health Promotion	<a href="https://www.seattleu.edu/wellness/">https://www.seattleu.edu/wellness/</a> Student Center 380 (206) 220-8450 wellness@seattleu.edu

**B. Community Services**

A variety of community organizations in the greater Seattle area offer resources that can be used by Seattle University students, faculty, or staff. We have divided them into three categories for ease of reference: 24-hour emergency numbers, self-help groups, and alcohol and drug treatment programs. Resources are also listed on the Student Health Center web site at <http://www.seattleu.edu/student-health>. These resources have not been screened by Seattle University and the University makes no specific endorsement of or recommendations to any one program.

**Table 6: Emergency, Crisis, and Referral Lines and Support Groups**

<b><u>Emergency and Crisis Lines</u></b>	
<b><u>Resource</u></b>	<b><u>Location</u></b>
Crisis Connections 24-Hour Crisis Line	(206) 461-3222 1-866-427-4747
Alcohol and Drug 24- hour Helpline	(206) 722-3700 1-800-562-1240
Domestic Violence Hotline	1-800-562-6025 (24 hours)
King County Sexual Assault Resource Center	1-888-998-6423 (24/7 Resource Line) (425) 226-5062 (English) (425) 282-0324 (Spanish) (425) 282-0324 (TTY)
HIV/AIDS Hotline	1-800-272-2437
<b><u>Referral Lines</u></b>	
<b><u>Resource</u></b>	<b><u>Location</u></b>
Washington 2-1-1	211 (Washington State) provides the most current and comprehensive database of community resources in the State of Washington (over 27,000 listings), which serves as a central access point for connecting Washington’s 7.1 million residents to community resources. By simply dialing the number 2-1-1 or searching the website, people can connect to help when they need it regardless of who provides the services or where the services are located.
SAMHSA’s National Helpline 24/7	1-800-662-HELP (4357) <a href="http://findtreatment.SAMHSA.gov">http://findtreatment.SAMHSA.gov</a>

The Washington Recovery Help Line (24/7)	1-866-789-1511 <a href="http://www.arecoveryhelpline.org">http://www.arecoveryhelpline.org</a> TEENS: 1-866-TEENLINK (833-6546)
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**Support Groups**

<b><u>Resource</u></b>	<b><u>Location</u></b>
Al-Anon/Alateen/Alatot	(206) 625-0000 <a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a>
Alcoholics Anonymous (AA)	(206) 587-2838 <a href="http://www.aa.org">www.aa.org</a>
Marijuana Anonymous	(206) 414-9270 <a href="http://www.marijuana-anonymous.org">www.marijuana-anonymous.org</a>
Nar-Anon	(206) 626-7171 <a href="http://www.nar-anon.org">www.nar-anon.org</a>
Narcotics Anonymous	(206) 790-8888 <a href="http://www.na.org">www.na.org</a>

***Table 7: Alcohol and Drug Treatment***

<b><u>Greater Seattle</u></b>	
<b><u>Resource</u></b>	<b><u>Location</u></b>
Alcohol & Drug 24-hr Helpline	(206) 722-3700 <a href="http://www.adhl.org">www.adhl.org</a> <i>Crisis Intervention/Referral Information</i>
Addiction Recovery Services	Addiction Recovery Services Swedish Medical Center/Ballard 5300 Tallman Ave. NW Seattle, WA 98107 (206) 781-6209 <a href="http://www.swedish.org/services/addiction-recovery#axzz29gOPMQXV">www.swedish.org/services/addiction-recovery#axzz29gOPMQXV</a> <i>Inpatient</i>
Catholic Community Services	100 23rd Ave. South Seattle, WA 98122 (206) 232-6336 <a href="https://ccsww.org/get-help/addiction-recovery-services/">https://ccsww.org/get-help/addiction-recovery-services/</a>

<i>Outpatient</i>	
Central Seattle Recovery Center	1401 E. Jefferson, Suite 300 Seattle, WA 98122 (206) 322-2970 <i>Outpatient</i>
Central Youth & Family Services	1901 Martin Luther King Jr. Way South Seattle, WA 98144 (206) 322-7676 <i>Outpatient</i>
Consejo Counseling and Referral	Consejo Counseling and Referral 3808 South Angeline Seattle, WA 98118 (206) 461-4880 <a href="http://www.consejocounseling.org">www.consejocounseling.org</a> <i>Outpatient, Bilingual (Spanish)</i>
Residence XII	12029 113th Ave. NE Kirkland, WA 98034 (425) 823-8844 <a href="http://www.residencexii.org">www.residencexii.org</a> <i>Inpatient/Outpatient</i>
Seattle Indian Health Board	611 12th Ave South Seattle, WA 98144 (206) 324-9360 <a href="http://www.sihb.org">www.sihb.org</a> Outpatient/Inpatient
Therapeutic Health Services	1116 Summit Seattle, WA 98101 (206) 323-0930 <a href="http://www.ths-wa.org">www.ths-wa.org</a> Outpatient
Veterans Administration	Medical Center 1660 S. Columbian Way Seattle, WA 98108 (206) 762-1010 1-800-329-8387 <a href="https://www.mentalhealth.va.gov/substance-use/index.asp">https://www.mentalhealth.va.gov/substance-use/index.asp</a> <i>Assessment/Evaluation</i>
A Positive Alternative	4649 Sunnyside Ave. N., Suite 200 Seattle, WA 98103 (206) 547-1955

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[www.apositivealternative.com](http://www.apositivealternative.com)  
*Outpatient*

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**Eastside**

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<b><u>Resource</u></b>	<b><u>Location</u></b>
Eastside Recover Center Inc.	1412 140 <sup>th</sup> PI NE Bellevue, WA 98005 (425) 747-7892 <i>Outpatient</i>

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Lakeside Milan Recovery Center Inc.	10322 NE 132 <sup>nd</sup> St. Kirkland, WA 98034 (425) 823-3116 <a href="http://www.lakesidemilam.com">www.lakesidemilam.com</a> <i>Inpatient and Outpatient</i>
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**South King County**

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<b><u>Resource</u></b>	<b><u>Location</u></b>
Auburn Youth & Family Resources	516 F St. SE Auburn, WA 98002 (253) 939-6946 <a href="https://www.ayfs.org/">https://www.ayfs.org/</a> <i>Outpatient</i>

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**Snohomish County**

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<b><u>Resource</u></b>	<b><u>Location</u></b>
Providence Recovery Program	Everett, WA 98206 (425) 258-7390 <a href="https://www.providence.org/services/chemical-dependency">https://www.providence.org/services/chemical-dependency</a> <i>Inpatient/Outpatient</i>

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Evergreen Health Monroe Alcoholism & Drug Recovery Center	14701 179 <sup>th</sup> Ave SE Monroe, WA 98272 (360) 794-1405 <a href="https://www.evergreenhealthmonroe.com/ehm/health-services/addiction-medicine/">https://www.evergreenhealthmonroe.com/ehm/health-services/addiction-medicine/</a> <i>Inpatient/Outpatient</i>
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**Pierce County**

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<b><u>Resource</u></b>	<b><u>Location</u></b>
Tacoma-Pierce County	<a href="https://www.tpchd.org/healthy-people/provider-">https://www.tpchd.org/healthy-people/provider-</a>

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Health Department      [resources/refer-to-treatment](#)  
Referral Listing

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The Center      Metropolitan Development Council  
Metropolitan      721 South Fawcett, Suite 203  
Development Council      Tacoma, WA 98402  
   (253) 593-2740  
   [www.mdc-tacoma.org/health/the-center-for-substance-abuse-treatment](http://www.mdc-tacoma.org/health/the-center-for-substance-abuse-treatment)  
   Outpatient

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**These treatment centers have not been screened by Seattle University and the university makes no specific endorsement of or recommendations to any one program.**

## APPENDIX A

### STATE AND FEDERAL LAWS & SANCTIONS CONCERNING DRUGS AND ALCOHOL

In addition to Seattle University alcohol and drug policies and disciplinary sanctions, all students, faculty and staff should be aware that federal, state, and local laws treat illegal use, possession, sale, distribution or manufacture of drugs or alcohol as serious crimes. Conviction can result in strict penalties including imprisonment and fines. Felony or other convictions can prevent you from entering into fields of employment or professions and may have to be disclosed on applications for employment or admission to graduate or professional schools.

Listed below is a summary of federal, state, and local laws and sanctions concerning drugs and alcohol.

#### **A. *Federal Drug Laws***

Federal law prohibits the possession, use, distribution, or manufacturing of illegal drugs. (Controlled Substances Act, [21 U.S.C. § 801, et seq.](#)). There are strict penalties for drug convictions, including mandatory prison terms for many offenses. The following information provides a brief overview of federal penalties for first convictions. All penalties are doubled for any subsequent drug conviction.

##### **i. Denial of Federal Benefits ([21 U.S.C. § 862](#))**

A federal drug conviction may result in the loss of federal benefits, including school loans, grants, scholarships, contracts, and licenses. Federal drug trafficking convictions may result in denial of federal benefits for up to five years for a first conviction. Federal drug convictions for possession may result in denial of federal benefits for up to one year for a first conviction and up to five years for subsequent convictions.

##### **ii. Forfeiture of Personal Property and Real Estate ([21 U.S.C. § 853](#))**

Any person convicted of a federal drug offense punishable by more than one year in prison shall forfeit to the United States any personal or real property related to the violation, including houses, cars, and other personal belongings.

##### **iii. Federal Drug Trafficking Penalties ([21 U.S.C. § 841](#))**

Penalties for federal drug trafficking convictions vary according to the quantity of the controlled substance involved in the transaction. The list below is a sample of the range and severity of federal penalties imposed for first convictions. Penalties for subsequent convictions are twice as severe.

If death or serious bodily injury results from the use of a controlled substance which has been illegally distributed, the person convicted on federal charges of distributing the substance faces a mandatory life sentence and fines ranging up to \$8 million.

Persons convicted on federal charges of drug trafficking within 1,000 feet of a university ([21 U.S.C. § 860](#)) face penalties of prison terms and fines which are twice as high as the regular penalties for the offense, with a mandatory prison sentence of at least one year.

Substance	Amount	Penalty
Heroin	1 kg or more	Prison: 10 yrs – life Fine: Up to \$10 million
Cocaine	5 kg or more	
Crack Cocaine	280 gm or more	
Methamphetamine	50 gm or more	
PCP	100 gm or more	
LSD	10 gm or more	
N-Phenyl-N-Propanamide	400 gm or more	
Heroin	100-999 gm	Prison: 5-40 yrs Fine: Up to \$5 million
Cocaine	500-4,999 gm	
Crack Cocaine	28-279 gm	
Methamphetamine	5-99 gm	
PCP	10-99 gm	
LSD	1-9 gm	
N-Phenyl-N-Propanamide	40 – 399 gm	
Amphetamines	Any amount	Prison: Up to 3 yrs Fine: Up to \$250,000
Barbiturates	Any amount	
Marijuana	Less than 50 kg	Prison: Up to 5 yrs Fine: Up to \$250,000
Marijuana	50-99 kg	
Marijuana	100-999 kg	
Marijuana	1,000 kg or more	

**iv. Federal Drug Possession Penalties ([21 U.S.C. § 844](#))**

Persons convicted on federal charges of simple possession of any controlled substance face penalties of up to one year in prison and a mandatory fine of no less than \$1,000 up to a maximum of \$100,000. Second convictions are punishable by not less than fifteen days but not more than two years in prison and a minimum fine of \$2,500. Subsequent convictions are punishable by not less than ninety days but not more than three years in prison and a minimum

fine of \$5,000.

**B. Washington State Drug and Alcohol Laws**

Listed below is a summary of Washington State laws concerning drugs and alcohol.

**v. Washington Alcohol Beverage Control Law ([Title 66 RCW](#))**

<b>Violation</b>	<b>Penalty</b>
Sell, give, or supply liquor to any person under the age of 21.	Prison: Not more than 364 days Fine: Not more than \$5,000
Possession, consumption, or acquisition of liquor by any person under the age of 21 (e.g., minor in possession).	Prison: Not more than 364 days Fine: Not more than \$5,000
Purchase or attempted purchase of liquor by any person under the age of 21.	Prison: Not more than 90 days Fine: Not more than \$1,000 (\$250 if between 18 and 20 years old)

**vi. Washington Uniform Controlled Substances Act ([RCW 69.50, et seq.](#))**

<b>Violation</b>	<b>Amount</b>	<b>Penalty</b>
Manufacture, deliver, or sell less than 2 kg of a <a href="#">Schedule I</a> or <a href="#">Schedule II</a> Narcotic.	Less than 2 kg	Prison: Not more than 10 yrs Fine: Not more than \$25,000
Manufacture, deliver, or sell 2 kg or more of a <a href="#">Schedule I</a> or <a href="#">Schedule II</a> Narcotic.	2 kg or more	Prison: Not more than 10 yrs Fine: Not more than \$100,000 for the first 2 kg. and \$50,000 for each additional gram.
Manufacture, deliver, or sell any other controlled substance classified in Schedule I, II, II, IV or V.	Any	Prison: Not more than 5 yrs Fine: Not more than \$10,000
Possession of a controlled substance.	Any	Prison: Not more than 90 Fine: Not more than \$1,000

**vii. Washington State Marijuana Law**

On November 6, 2012, voters in Washington State passed Initiative 502, allowing people over the age of 21 years to possess small amounts of marijuana for personal use. While this is a significant change in state law, Seattle University’s policy remains unchanged: use and possession of marijuana on campus or during any University-sponsored or affiliated activity or program is prohibited. Seattle University’s policy is in compliance with the federal Drug-Free Schools and Communities Act that went into effect in 1990. Under this federal law, as a condition of receiving federal funds, an institution of higher education such as Seattle University must certify that it has adopted and implemented a program to prevent the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees on campus and as part

of its activities and programs. At the federal level, this law includes any amount of marijuana.

I-502 creates a conflict between state and federal laws. When state and federal laws are in conflict, federal law takes precedence. If Seattle University does not comply with federal law and regulations on marijuana possession and use on campus and in University programs and activities, it risks losing federal funds for student financial aid, faculty research, and in other areas. Consequently, the Seattle University community (i.e., its faculty, students, and staff) must continue to abide by federal laws and regulations and University policy barring the use or possession of any amount of marijuana on campus or in association with University-sponsored or affiliated activities.