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- 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 misuse or dependency requiring more focused treatment, individuals will be referred to appropriate community health resources. SHC 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

**B. Opioid Overdose Prevention Program**

Prescription opioids, such as oxycodone, hydrocodone, and fentanyl are medications prescribed by doctors to treat moderate to severe pain, but that also have serious risks and side effects, including the risk of dependence, addiction, and accidental death by overdose. Yet opioids are increasingly misused recreationally for their pain relieving and other psychological and physiological effects. Additionally, counterfeit pills made to look like other substances (e.g., hydrocodone, oxycodone, MDMA, Extacy, Molly) but laced with fentanyl have been surfacing in communities everywhere and can be potentially fatal. Therefore, as part of the University’s ongoing commitment to the health and safety of students, faculty, staff, visitors, and local community members, the University is introducing the availability of **naloxone** (brand name: **Narcan**) in strategic locations throughout campus. Beginning in September 2023, community members will notice that AED (“Automated External Defibrillator”) cabinets across campus have been affixed with distinctive purple stickers indicating the presence of opioid overdose kits. There are 36 AED cabinets in buildings across campus; 24 of these cabinets are stocked with opioid overdose kits. Additionally, Public Safety officers have additional units of naloxone available in the event of an emergency.

If a community member observes someone on campus who appears to be experiencing an opioid overdose, they should **first call Public Safety at 206-296-5911** or **call 911** and stay with the person until help arrives. Public Safety officers have been trained on how to properly administer naloxone and how to take steps to prevent possible secondary exposure. University community members are not expected to administer naloxone; however, if they choose to do so while awaiting help from Public Safety and emergency medical personnel, they should follow the guidelines for administering the medication available on the American Medical Association’s website <https://www.ama-assn.org/delivering-care/overdose-epidemic/how-administer/naloxone>. Written instructions are also available inside the opioid overdose kits.

**C. 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**

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<b><u>Emergency and Crisis Lines</u></b>	
<b><u>Resource</u></b>	<b><u>Location</u></b>
Crisis Connections	(206) 461-3222
24-Hour Crisis Line	1-866-427-4747

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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

### **Referral Lines**

<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)

### **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>Greater Seattle</b>	
<b>Resource</b>	<b>Location</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>



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*Outpatient, Bilingual (Spanish)*

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Residence XII  
12029 113th Ave. NE  
Kirkland, WA 98034  
(425) 823-8844  
[www.residencexii.org](http://www.residencexii.org)  
*Inpatient/Outpatient*

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Seattle Indian Health Board  
611 12th Ave South  
Seattle, WA 98144  
(206) 324-9360  
[www.sihb.org](http://www.sihb.org)  
Outpatient/Inpatient

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Therapeutic Health Services  
1116 Summit  
Seattle, WA 98101 (206) 323-0930  
[www.ths-wa.org](http://www.ths-wa.org)  
Outpatient

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Veterans Administration  
Medical Center  
1660 S. Columbian Way  
Seattle, WA 98108  
(206) 762-1010  
1-800-329-8387  
<https://www.mentalhealth.va.gov/substance-use/index.asp>  
*Assessment/Evaluation*

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A Positive Alternative  
4649 Sunnyside Ave. N., Suite 200  
Seattle, WA 98103  
(206) 547-1955  
[www.apositivealternative.com](http://www.apositivealternative.com)  
*Outpatient*

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### **Eastside**

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#### **Resource**

#### **Location**

Eastside Recover Center Inc.  
1412 140<sup>th</sup> Pl NE  
Bellevue, WA 98005  
(425) 747-7892  
*Outpatient*

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Lakeside Milan Recovery Center Inc.  
10322 NE 132<sup>nd</sup> St.  
Kirkland, WA 98034  
(425) 823-3116  
[www.lakesidemilam.com](http://www.lakesidemilam.com)  
*Inpatient and Outpatient*

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**South King County**

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**Resource****Location**

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Auburn Youth & Family Resources  
516 F St. SE  
Auburn, WA 98002  
(253) 939-6946  
<https://www.ayfs.org/>  
*Outpatient*

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**Snohomish County**

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**Resource****Location**

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Providence Recovery Program  
Everett, WA 98206  
(425) 258-7390  
<https://www.providence.org/services/chemical-dependency>  
*Inpatient/Outpatient*

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

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**Pierce County**

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**Resource****Location**

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Tacoma-Pierce County Health Department  
<https://www.tpchd.org/healthy-people/provider-resources/refer-to-treatment>  
Referral Listing

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The Center Metropolitan Development Council  
Metropolitan Development Council  
721 South Fawcett, Suite 203  
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 or recommendations of 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	Prison: 5-40 yrs Fine: Up to \$5 million
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.

**i. 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)

**ii. 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

**iii. 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 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.