

# **Annual Policy Notification in accordance with Federal Drug-Free Schools and Communities Act Regulations [EDGAR Part 86] Fall 2021**

## **INTRODUCTION**

As a requirement of the Federal Drug-Free Schools and Communities Act Regulations [EDGAR Part 86], The Ohio State University distributes this Annual Notification of the university's alcohol and drug prevention programs to all students and employees on an annual basis. To ensure that all members of the campus community receive the Annual Notification document it is directly emailed to all student and employee university email addresses. In addition, the Annual Notification is embedded on the following university website: [swc.osu.edu/services/alcohol-tobacco-and-other-drug-prevention/drug-free-schools-and-communities-act/](http://swc.osu.edu/services/alcohol-tobacco-and-other-drug-prevention/drug-free-schools-and-communities-act/). Direct communication to incoming students, through the registrar, will be distributed to ensure that each student who joins the university after the Annual Notification email will receive this notification. Questions about the Drug Free Schools and Communities Act or alcohol and other drug programs, interventions and policies may be directed to [wellness@osu.edu](mailto:wellness@osu.edu).

Information in this notification is directly derived from university policies. No information in this notification is meant to supersede the policies.

## **POLICIES & EXPECTATIONS**

The following section outlines the policies that have been adopted by the university for its students and employees. Students and employees are subject to the university policies, as well as all applicable local, state, and federal laws. The university will impose appropriate sanctions on any member of the campus community who is found responsible for violating the law and/or university policy.

### **ALCOHOL AND OTHER DRUGS POLICY**

The Ohio State University's primary concern is for the health, safety, and welfare of the university community. The university complies fully with local, state, and federal regulations regarding the sale, possession, and consumption of alcoholic beverages. The unlawful manufacture, possession, use or distribution of illicit drugs or controlled substances on university property or as part of university activities is strictly prohibited. All members of the university community are held responsible for their behavior and for respecting the rights of others. Ohio State endeavors to encourage a culture of compliance. The university is committed to providing education regarding the negative impacts of illicit drug use, misuse of prescription drugs, and the excessive or illegal consumption of alcohol. Ohio State provides programs, support, and resources to promote health-enhancing experiences. Additionally, Ohio State seeks to encourage responsible bystander behavior and timely reporting.

Members of the university community are reminded of the following:

1. Alcoholic beverage consumption is prohibited on Ohio State property or at off-campus university sponsored events at which the primary audience is under the legal consumption age unless:

- A. Written approval from the Office of Student Life when students are the primary event organizer; and the Offices of Legal Affairs and Business and Finance for faculty, staff, and alumni.
  - B. The event occurs in designated areas licensed to sell alcohol, such as the Faculty Club, Fawcett Center, Ohio State Golf Course, Ohio Union, etc.
2. Events serving alcohol must have a primary purpose for the gathering other than the availability of alcohol. Alcohol must not be used as an inducement for participation in events.
  - A. Controls must be enforced to prevent underage drinking. These controls shall be consistent with local, state, and federal laws and the Code of Student Conduct.
  - B. Events involving alcoholic beverages as part of a competition, such as drinking games or chugging contests are prohibited.
  - C. Soft drinks or other non-alcoholic beverages such as water, punch, and fruit drinks should be available in the same location and be featured as prominently as the alcoholic beverages during the entire time alcoholic beverages are being served.
  - D. Food and/or snacks should be prominently displayed and available during the entire event.
  - E. Individual units may implement more restrictive policies relating to the use and/or promotion of alcohol within their facilities that are otherwise in accordance with university policy and local, state, and federal laws.
3. Registered student, organizations, on a university-related trip must comply with the Code of Student Conduct and local, state, federal, and international laws that apply to Ohio State students.
  - A. Funds allocated to a registered student organization from the Council on Student Affairs Student Activity Fund, or otherwise from the university, must not be used to purchase alcoholic beverages.
  - B. Funds collected through a registered student organization's voluntary dues, donations, or fund-raising may be used to purchase alcoholic beverages if the purchase and use of those beverages is otherwise in accordance with university policy and local, state, and federal laws.
4. Alcoholic beverages may be served in designated areas of the Jerome Schottenstein Center. No thermos bottles, coolers, bottles, cans, or other containers of any type may be brought into the Jerome Schottenstein Center, Ohio Stadium or other university athletic facilities.
  - A. Possession and consumption of alcohol in stadium parking areas are subject to local, state, and federal laws and regulations. Police and the Ohio Investigative Unit may patrol these areas and enforce applicable laws.
  - B. Open containers are not allowed at any tailgating events.
  - C. Any open container must be transported as required by law.
5. Alcohol is prohibited at undergraduate group events on Ohio State property, including public or semi-private common areas.
  - A. Students 21 years of age or older, may possess and consume legal beverages in their rooms or suites, or rooms of others of legal age, in accordance with university policy and local, state, and federal laws.
6. Advertising that promotes the use of alcohol, illegal drugs, or the misuse of prescription drugs is prohibited on Ohio State property. This applies to events and activities organized or sponsored by the university.

- A. Subject to administrative restrictions, events organized on Ohio State property may display the corporate names and logos of alcohol-related sponsors, as long as it does not encourage consumption or irresponsible use.
  - B. Promotional materials, including advertisements for college events sponsored or co-sponsored by student organizations, must not make reference to or include pictures of alcoholic beverages or the name of alcohol distributors.
  - C. Advertising should focus on the purpose or theme of the event and not on the availability of alcohol in ways that imply drinking is the focus, such as a “beer blast,” “forty kegs,” or “all the beer you can drink.”
7. The unlawful manufacture, possession, use or distribution of illicit drugs or controlled substances on university property or as part of university activities is strictly prohibited.
8. The Ohio State University faculty, staff, graduate associates, student employees, students, volunteers, vendors, and visitors must abide by all applicable local, state, and federal laws regarding illicit drugs and controlled substances.

#### **DRUG-FREE WORKPLACE POLICY**

The university supports and maintains a drug-free work and living environment to provide for the health and safety of students, employees, and visitors. This policy prohibits: the unlawful manufacture, distribution, dispensation, possession or use of alcohol, illegal drugs, intoxicants or controlled substances; inappropriate use of prescription drugs at work; unauthorized use of alcohol by university employees on university premises or in university vehicles on or off campus; and working under the influence of alcohol or while unlawfully using controlled substances. The consumption of alcohol at events when the university has authorized such use is permitted. Use must be sanctioned by the university, permitted by the appropriate state agency when applicable and only individuals of legal drinking age may consume alcohol at such events. This policy provides minimum standards; university departments or contracts may impose stricter standards. This policy applies to all employees: faculty, staff, graduate associates, and student employees.

#### **DEPARTMENT OF ATHLETICS’ DRUG AND ALCOHOL POLICY**

The Department of Athletics has an additional policy which encompasses mandatory drug testing, sanctions as a result of positive tests, programs of education relative to drug and alcohol use and abuse, and counseling.

#### **OHIO TOBACCO LAW**

Ohio residents under the age of 21 are no longer able to purchase tobacco products. Ohio's new law, in effect as of October 17, 2019, raises the minimum age to buy tobacco, including cigarettes and e-cigarettes, from 18 to 21. See Ohio Revised Code 2927.02 for additional information.

## **SANCTIONS & PENALTIES**

### **STUDENT SANCTIONS - ALCOHOL AND DRUGS**

Any students found to be in violation of local, state, and/or federal law, or who violate the university's policies, are subject to university disciplinary procedures and/or referral to the appropriate authorities for legal action. Campus disciplinary sanctions include, but are not limited to written warnings, loss of privileges, probation, participation in an alcohol or other drug assistance or rehabilitation program, suspension, and/or dismissal. Sanctions may also apply to registered student organizations and to off-campus conduct. Additional disciplinary procedures may also be applied from professional schools, National Collegiate Athletic Association (NCAA), and vendors.

Students are responsible for complying with all university policies and rules. If alcohol or drug violations occur, students are subject to appropriate discipline according to the Code of Student Conduct.

### **EMPLOYEE SANCTIONS - ALCOHOL AND DRUGS**

Any faculty, staff, graduate associates, or student employees found to be in violation of local, state, and/or federal law, or who violate the university's policies, are subject to university disciplinary procedures and/or referral to the appropriate authorities for legal action. Campus disciplinary sanctions include, but are not limited to written warnings, loss of privileges, probation, participation in an alcohol or other drug assistance or rehabilitation program, suspension, and/or dismissal. Sanctions may also apply to registered student organizations and to off-campus conduct. Additional disciplinary procedures may also be applied from professional schools, National Collegiate Athletic Association (NCAA), and vendors.

Faculty, staff, graduate associates, and student employees are responsible for complying with all university policies and rules. If alcohol or drug violations occur, faculty and staff may be disciplined under all applicable university rules and policies. Corrective action may include actions up to and including termination, required participation in an evaluation by Ohio State Employee Assistance Program (EAP) or an external Substance Abuse Professional (SAP) and/or follow through with an education/treatment program. If an employee refuses to participate or does not satisfactorily complete a required education/treatment program the employee may be subject to corrective action up to and including termination.

### **FEDERAL AND OHIO PENALTIES — ALCOHOL**

- I. State of Ohio Alcohol Law Criminal Sanctions
  - A. Underage drinking: The Federal Uniform Drinking Age Act of 1984 sets the minimum legal drinking age to 21. Ohio Revised Code (O.R.C.) 4301.63 provides that no person under the age of 21 shall purchase beer or intoxicating liquor. Penalty for violation: Violation of O.R.C. 4301.63 will result in a fine of not less than \$25 but not more than \$100. The court may order that the fine be paid by the performance of public work at a reasonable hourly rate established by the court and may specify the designated time in which the public work shall be completed.
  - B. False identification used to purchase alcohol for someone under 21: O.R.C. 4301.633 provides that no person shall knowingly furnish any false information as to the name, age, or other identification of any person under 21 years of age for the purpose of obtaining or with the intent to obtain, beer or intoxicating liquor for a person under 21 years of age, by purchase, or as a gift. Penalty for violation: Violation of O.R.C. 4301.633 is a

misdemeanor of the first degree. The maximum penalty is imprisonment for not more than six months and a fine not more than \$1,000.

- C. False identification used to purchase alcohol by someone under 21: O.R.C. 4301.634 provides that no person under the age of 21 years shall knowingly show or give false information concerning the same person's name, age, or other identification for the purpose of purchasing or otherwise obtaining beer or intoxicating liquor in any place in this state where beer or intoxicating liquor is sold under a permit issued by the division of liquor control or sold by the division. Penalty for violation: Violation of O.R.C. 4301.634 is a misdemeanor of the first degree, punishable by up to six months imprisonment and fines up to \$1,000. If a false or altered state identification card was used in commission of a violation of O.R.C. 4301.634, the punishment is a first degree misdemeanor with a fine of not less than \$250 but not more than \$1,000 and up to six months imprisonment.
- D. Open container in a motor vehicle: O.R.C. 4301.64 prohibits the consumption of beer or intoxicating liquor in a motor vehicle. Penalty for violation: Violation of O.R.C. 4301.64 is a misdemeanor of the fourth degree punishable by up to 30 days in jail and a fine up to \$250.
- E. Furnishing or selling alcohol to someone under 21: O.R.C. 4301.69(A) prohibits any person from selling or furnishing beer or intoxicating liquor to an person under 21 years of age, or buying it for any person under the age of 21. Penalty for violation: Violation of O.R.C. 4301.69(A) is a misdemeanor punishable by a fine of at least \$500 but not more than \$1,000, and up to six months imprisonment.
- F. Underage purchase, possession or consumption of alcohol: O.R.C. 4301.69(E) provides that no underage person shall knowingly order, pay for, share the cost of, attempt to purchase, possess, or consume any beer or intoxicating liquor in any public or private place or knowingly be under the influence of any beer or intoxicating liquor unless he or she is accompanied by a parent, spouse, or legal guardian who is not an underage person, or unless the beer or intoxicating liquor is given for religious purposes or by a physician for medical purposes. Penalty for violation: Violation of O.R.C. 4301.69(E) is a misdemeanor of the first degree. The maximum penalty is imprisonment for not more than six months and a fine up to \$1,000.
- G. Driving while intoxicated: O.R.C. 4511.19 prohibits any person from driving a motor vehicle while under the influence of alcohol or drugs. Penalty for violation: A violation of O.R.C. Section 4511.19 is a misdemeanor of the first degree, the maximum penalty for which is a jail term of up to six months and a fine up to \$1,000. The court may also impose additional fines, community rehabilitation or intervention programs, and suspend or revoke the offender's driver's license. Additional penalties exist for repeat offenders of O.R.C. 4511.19.
- H. Selling or distributing illicit drugs: O.R.C. 2925.03 prohibits any person from selling or offering to sell any controlled substance, preparing or packaging any controlled substance for sale, or distributing any controlled substances. Penalty for violation: Anyone who violates this statute is guilty of drug trafficking. Violation of this statute is a felony, the level of which depends on the specific criteria set forth in O.R.C. 2925.03(C), including type and weight of drug. The minimum penalty for a fifth degree felony can include six to 12 months in jail and/or a fine up to \$2,500. The maximum penalty for a first degree felony can include imprisonment up to 10 years and a fine up to \$20,000.

## FEDERAL AND OHIO PENALTIES— DRUGS

- I. State of Ohio Drug Law Criminal Sanctions
  - A. Possessing or using illicit drugs: O.R.C. 2925.11 prohibits any person from knowingly obtaining, possessing, or using a controlled substance. Penalty for violation: Violation of O.R.C. 2925.11 is drug abuse, which may be a misdemeanor or a felony depending on the specific criteria set forth in O.R.C. 2925.11(C), including type and weight of drug. The minimum penalty, a fourth degree misdemeanor, is punishable by imprisonment of up to 30 days and a fine up to \$250. The maximum penalty, a first degree felony, is punishable by up to 10 years in prison and a fine up to \$20,000.
  - B. A complete list of Ohio drug prohibitions can be found in [Chapter 2925 of the Ohio Revised Code](#).
- II. Federal Drug Laws
  - A. Federal law prohibits the trafficking and illegal possession of controlled substances as outlined in 21 United States Code, Sections 841 and 844.
  - B. Depending on the amount possessed, first offense maximum penalties for trafficking marijuana range from five years’ imprisonment with a \$250,000 fine to imprisonment for life with a \$10 million fine for an individual, and from five years imprisonment with a \$1 million fine to imprisonment for life with a \$50 million fine if not an individual. Also depending on the amount possessed, first offense maximum penalties for trafficking Class I and Class II controlled substances (methamphetamine, heroin, cocaine, cocaine base, PCP, LSD, fentanyl analogue) range from five years’ imprisonment with a \$5 million fine to imprisonment for life with a \$10 million fine for an individual, and from five years’ imprisonment with a \$25 million fine to imprisonment for life with a \$50 million fine if not an individual. First offense penalties for simple possession, 21 USC §844, range from at most one years’ imprisonment or at least a \$1,000, fine or both; to at most 20 years’ imprisonment and a fine of at least a \$1,000.
  - C. For the most current and complete information regarding Federal penalties for drug trafficking, visit the [U.S. Drug Enforcement Administration Federal Trafficking Penalties](#).

## HEALTH RISKS

Alcohol and other drugs affect the health and safety of students, faculty, staff, volunteers, and campus visitors, and are very costly in relationship to campus crime and interference with the learning environment. The Ohio State University is committed to providing a safe, healthy learning community.

The following are health risks associated with the use of alcohol and other drug as found in the Alcohol and Other Drugs policy:

### ALCOHOL

| Risk   | Possible Health Effect  |
|--|---|
| Alcohol Use Disorders:<br>Alcoholism & Alcohol Abuse | <ul style="list-style-type: none"> <li>• Alcohol withdrawal syndrome</li> <li>• Cardiomyopathy</li> <li>• Certain types of cancer (oral, pharynx, esophagus, larynx, and lung)</li> <li>• Cirrhosis</li> <li>• Deficiency in thiamine</li> <li>• Gastrointestinal disorders</li> <li>• Heart Disease</li> </ul> |

| Risk   | Possible Health Effect   |
|--|--|
|  | <ul style="list-style-type: none"> <li>• Korsakoff's psychosis</li> <li>• Learning and memory problems</li> <li>• Nerve damage</li> <li>• Pancreatitis</li> <li>• Permanent damage to brain and liver</li> <li>• Wernicke's encephalopathy</li> </ul>  |
| Birth Defects  | <ul style="list-style-type: none"> <li>• Fetal alcohol spectrum disorders</li> <li>• Miscarriage</li> <li>• Physical and mental birth defects</li> <li>• Stillbirth</li> </ul>   |
| <p>Chronic Heavy Drinking or Binge Drinking</p> <p>Heavy: 14 drinks/week for men; 7 drinks/week for women</p> <p>Binge: 5+ drinks for men in 2 hours, 4+ drinks for women in 2 hours</p> | <ul style="list-style-type: none"> <li>• Alcohol poisoning</li> <li>• Anemia</li> <li>• Cancer (correlated with mouth, throat, larynx, esophagus, liver, breast, and colon)</li> <li>• Cardiovascular disease</li> <li>• Dementia</li> <li>• Depression</li> <li>• Gout</li> <li>• High blood pressure</li> <li>• Liver disease, heart disease</li> <li>• Nerve damage</li> <li>• Pancreatitis</li> <li>• Sleep disorders</li> <li>• STDs and unwanted pregnancy from unsafe sex</li> <li>• Stroke</li> </ul>  |
| Intoxication   | <ul style="list-style-type: none"> <li>• Decreased ability to analyze sensory information resulting in disturbed balance, slurred speech, blurred vision, heavy sweating, and dulled sensation of pain</li> <li>• Dehydration</li> <li>• Disrupted balance of minerals in the blood</li> <li>• Disrupted judgment</li> <li>• Gastritis</li> <li>• Hangovers consisting of headache, thirst, nausea and dizziness as well as fatigue</li> <li>• Impaired brain function</li> <li>• Impaired judgment</li> <li>• Impaired motor skills</li> <li>• Increased chances of death, accidents, and injuries, falls, sexual victimization, suicide</li> <li>• Increased lethargy</li> <li>• Inflammation of esophagus</li> <li>• Interference with sleep rhythms</li> </ul> |

### COMMONLY ABUSED DRUGS

| Category          | Possible Health Effect  |
|-------------------|---|
| Anabolic Steroids | <ul style="list-style-type: none"> <li>• Aggression or rage</li> <li>• Blood clotting and cholesterol changes</li> <li>• Delusions</li> </ul> |

| Category                             | Possible Health Effect  |
|--------------------------------------|---|
|                                      | <ul style="list-style-type: none"> <li>• Extreme irritability</li> <li>• Extreme mood swings</li> <li>• Fluid retention</li> <li>• For men—shrinkage of the testicles (testicular atrophy), reduced sperm count or infertility, baldness, development of breasts (gynecomastia), increased risk for prostate cancer</li> <li>• For women—growth of facial hair, male-pattern baldness, changes in or cessation of the menstrual cycle, enlargement of the clitoris, deepened voice</li> <li>• Hypertension</li> <li>• Impaired judgment stemming from feelings of invincibility</li> <li>• Increased risk of contracting HIV/AIDS or hepatitis</li> <li>• Kidney cancer</li> <li>• Liver cysts</li> <li>• Paranoid jealousy</li> <li>• Severe acne</li> </ul>   |
| Bath Salts                           | <ul style="list-style-type: none"> <li>• Agitation</li> <li>• Altered mental state</li> <li>• Chest pain</li> <li>• Extreme paranoia and delusions</li> <li>• Hallucinations</li> <li>• Highly addictive</li> <li>• Hypertension</li> <li>• Increased blood pressure and heart rate</li> <li>• Kidney injury</li> <li>• Panic attacks</li> <li>• Seizures</li> <li>• Violent behavior, self-injury, self-mutilation, suicide</li> </ul>   |
| Cannabinoids<br>(Hashish, Marijuana) | <ul style="list-style-type: none"> <li>• Anxiety, paranoia and panic attacks</li> <li>• Asthma</li> <li>• Bloodshot eyes</li> <li>• Cancer of the lungs</li> <li>• Difficulty speaking, listening, thinking, and problem solving</li> <li>• Distorted perception (sight, sound, time, touch)</li> <li>• Dry mouth and throat</li> <li>• Impaired complex motor skills</li> <li>• Impaired concentration</li> <li>• Impaired judgment</li> <li>• Increased risk of damaging the lungs and reproductive system</li> <li>• Increased heart rate</li> <li>• Linked to heart attacks</li> <li>• Loss of coordination</li> <li>• Lowered sperm production</li> <li>• Problems with memory and learning</li> <li>• Psychological dependence</li> <li>• Respiratory problems: bronchitis, emphysema and bronchial asthma</li> </ul> |
| Depressants                          | <ul style="list-style-type: none"> <li>• Fatigue; confusion; impaired coordination, memory, judgment; addiction; respiratory depression and arrest; death</li> </ul>  |



| Category                 | Possible Health Effect  |
|--------------------------|---|
|                          | <ul style="list-style-type: none"> <li>• Barbiturates <ul style="list-style-type: none"> <li>- Depression</li> <li>- Dizziness</li> <li>- Fever; irritability</li> <li>- Life-threatening withdrawal</li> <li>- Poor judgment</li> <li>- Slurred speech</li> <li>- Unusual excitement</li> </ul> </li> <li>• Benzodiazepines <ul style="list-style-type: none"> <li>- Dizziness</li> </ul> </li> <li>• Flunitrazepam <ul style="list-style-type: none"> <li>- Memory loss for the time under the drug's effects</li> <li>- Urinary retention</li> <li>- Visual and gastrointestinal disturbances</li> </ul> </li> <li>• GHB <ul style="list-style-type: none"> <li>- Coma</li> <li>- Death</li> <li>- Drowsiness</li> <li>- Loss of consciousness</li> <li>- Loss of reflexes</li> <li>- Nausea/vomiting, headache</li> <li>- Seizures</li> </ul> </li> <li>• Methaqualone <ul style="list-style-type: none"> <li>- Depression</li> </ul> </li> </ul> |
| Dextromethorphan (DXM)   | <ul style="list-style-type: none"> <li>• Body rash/itching</li> <li>• Closed-eye hallucination</li> <li>• Difficulty breathing</li> <li>• Dizziness</li> <li>• Drowsiness</li> <li>• Gastrointestinal disturbances</li> <li>• Memory loss</li> <li>• Nausea</li> <li>• Numbness</li> </ul>  |
| Dissociative Anesthetics | <ul style="list-style-type: none"> <li>• Ketamine <ul style="list-style-type: none"> <li>- Altered body image</li> <li>- Altered hearing</li> <li>- Aphasia</li> <li>- Blunted affect</li> <li>- Blurred vision</li> <li>- Delirium</li> <li>- Diplopia</li> <li>- Dizziness</li> <li>- Erythema</li> <li>- Euphoria</li> <li>- Hallucinations</li> <li>- Hypersalivation</li> <li>- Hypertension</li> <li>- Illusions</li> <li>- Impaired attention, memory and judgment</li> </ul> </li> </ul>  |

| Category      | Possible Health Effect  |
|---------------|---|
|               | <ul style="list-style-type: none"> <li>- Nausea and vomiting</li> <li>- Nightmares</li> <li>- Nystagmus</li> <li>- Pain at injection site</li> <li>- Psychomimetic phenomenon</li> <li>- Psychomotor retardation</li> <li>- Tachycardia</li> <li>- Vivid dreams</li> <li>• PCP and analogs <ul style="list-style-type: none"> <li>- Aggression</li> <li>- Decrease in blood pressure and heart rate</li> <li>- Depression</li> <li>- Loss of appetite</li> <li>- Panic</li> <li>- Violence</li> </ul> </li> </ul> |
| Hallucinogens | <ul style="list-style-type: none"> <li>• LSD, Mescaline, &amp; Psilocybin <ul style="list-style-type: none"> <li>- Delusions and hallucinations</li> <li>- Increased body temperature, heart rate, and blood pressure</li> <li>- Loss of appetite</li> <li>- Numbness, weakness</li> <li>- Sleeplessness</li> <li>- Tremors</li> <li>- Unpredictable psychological effects, with "trips" lasting about 12 hours</li> </ul> </li> <li>• Mental disorders</li> <li>• Nervousness, paranoia</li> </ul>               |
| Inhalants     | <ul style="list-style-type: none"> <li>• Aspiration of vomit</li> <li>• Birth defects if pregnant</li> <li>• Cramps</li> <li>• Damage to central nervous system and brain</li> <li>• Depression</li> <li>• Frostbite</li> <li>• Hearing loss</li> <li>• Heart failure</li> <li>• Hypoxia</li> <li>• Kidney damage</li> <li>• Limb spasms</li> <li>• Memory impairment</li> <li>• Muscle weakness</li> <li>• Unconsciousness</li> </ul>  |
| Opioids       | <ul style="list-style-type: none"> <li>• Heroin <ul style="list-style-type: none"> <li>- Coma, unconsciousness</li> <li>- Confusion</li> <li>- Constipation</li> <li>- Depressed breathing so overdose can be fatal</li> <li>- Highly addictive and tolerance builds up rapidly</li> <li>- Increased risk of infectious diseases such as HIV/AIDS and hepatitis</li> <li>- Nausea</li> <li>- Sedation</li> <li>- Staggering gait</li> </ul> </li> </ul>   |

| Category   | Possible Health Effect   |
|------------|--|
| Stimulants | <ul style="list-style-type: none"> <li>• Amphetamines <ul style="list-style-type: none"> <li>- Aggression, erratic behavior</li> <li>- Bad feelings as drug wears off</li> <li>- Convulsions, coma, death</li> <li>- Depression</li> <li>- Extreme exhaustion</li> <li>- Hallucinations</li> <li>- Headache</li> <li>- Loss of coordination</li> <li>- Low blood pressure</li> <li>- Nausea</li> <li>- Panic and paranoia</li> <li>- Physical effects: hyperactivity, dilated pupils, vasoconstriction, blood shot eyes, flushing, restlessness, dry mouth, bruxism, headache, tachycardia, bradycardia, tachypnea, hypertension, hypotension, fever, diaphoresis, diarrhea, constipation, blurred vision, aphasia, dizziness, twitching, insomnia, numbness, palpitations, arrhythmias, tremors, dry and/or itchy skin, acne, pallor, convulsions, and with chronic and/or high doses, seizure, stroke, coma, heart attack and death can occur</li> <li>- Psychological effects: euphoria, anxiety, increased libido, alertness, concentration, energy, self-esteem, self-confidence, sociability, irritability, aggression, psychosomatic disorders, psychomotor agitation, grandiosity, repetitive and obsessive behaviors, paranoia, and with chronic and/or high doses, amphetamine psychosis can occur</li> <li>- Reduced performance at work, disruption of relationships</li> <li>- Twitching/tremors</li> </ul> </li> <li>• Cocaine <ul style="list-style-type: none"> <li>- Abdominal pain</li> <li>- Anxiety, panic attacks, paranoia</li> <li>- Chest pain</li> <li>- Cocaine is very addictive and many users quickly develop a strong psychological dependence on it</li> <li>- Damage to the veins, leading to ulcers and gangrene, and increased risk of blood-borne infections such as hepatitis or HIV</li> <li>- Damage to the lungs</li> <li>- Damage to the nasal septum as the drug causes vasoconstriction</li> <li>- Feeling constantly run-down when not taking cocaine</li> <li>- Headaches</li> <li>- Heart attacks</li> <li>- Increased body temperature</li> <li>- Long-term changes to the brain, particularly in the brain's 'reward' circuits, which control sense of pleasure, and personality changes</li> <li>- Loss of libido</li> <li>- Malnutrition</li> <li>- Nausea</li> <li>- Raised heart rate and blood pressure</li> <li>- Respiratory failure</li> <li>- Strokes or seizures</li> <li>- Tolerance builds quickly</li> </ul> </li> </ul> |

| Category | Possible Health Effect  |
|----------|---|
|          | <ul style="list-style-type: none"> <li>• MDMA <ul style="list-style-type: none"> <li>- Anxiety, panic, confusion</li> <li>- Cardiac/liver toxicity</li> <li>- Depression as drug wears off</li> <li>- Dry mouth</li> <li>- Hyperthermia</li> <li>- Impaired memory and learning</li> <li>- Increased heart rate and raised blood pressure</li> <li>- Increased liver and kidney problems in later life</li> <li>- Interferes with body's fluid control mechanisms and salt balance, making it easy to overhydrate and cause the brain to swell</li> <li>- Long-term brain changes such as depletion of serotonin, leading to chronic depression, memory impairment, and personality changes</li> <li>- Mild hallucinogenic effects</li> <li>- Raised body temperature, leading to dehydration</li> <li>- Renal failure</li> </ul> </li> <li>• Nicotine <ul style="list-style-type: none"> <li>- Adverse pregnancy outcomes</li> <li>- Cardiovascular disease</li> <li>- Chronic bronchitis and emphysema</li> <li>- Heart disease</li> <li>- Increased risk of cancer in almost every organ and tissue of the body, especially cancer of the lung, throat, and stomach</li> <li>- Lung disorders and disease</li> <li>- Stroke</li> </ul> </li> </ul> |

### PROGRAMS & RESOURCES

As detailed in the Alcohol and Other Drugs policy, assistance is available both on-campus and off-campus for students and employees who are dependent on, or who abuse alcohol or other drugs. Students have access to resources through the Student Wellness Center located in Room B130 at the RPAC, at (614) 292-4527, or by visiting [swc.osu.edu/](http://swc.osu.edu/). Employees have access to resources through the Employee Assistance Program (EAP) at (800) 678-6265 or by visiting [osuhealthplan.com/programs-and-services/eap](http://osuhealthplan.com/programs-and-services/eap).

Additional resources for substance abuse and dependency available to students and employees:

| Subject                              | Office                               | Telephone      | Website  |
|--------------------------------------|--------------------------------------|----------------|--|
| 30 Task Model                        | Healing Hearts Counseling Center     | (419) 528-5993 | <a href="http://healingheartscsc.com/addiction-2/">healingheartscsc.com/addiction-2/</a> |
| Adult intensive outpatient programs  | Neil Kennedy Recovery Clinic         | (800) 228-8287 | <a href="http://nkrc.org">nkrc.org</a>   |
| Adult residential treatment facility | North Central Mental Health Services | (614) 299-6600 | <a href="http://ncmhs.org">ncmhs.org</a>   |
| Case Management                      | Coleman Services                     | (330) 673-1347 | <a href="http://colemanservices.org/">colemanservices.org/</a>                           |
| Challenge Therapy                    | Healing Hearts Counseling Center     | (419) 528-5993 | <a href="http://healingheartscsc.com/addiction-2/">healingheartscsc.com/addiction-2/</a> |

| Subject   | Office   | Telephone                | Website  |
|---|--|--------------------------|--|
| Comprehensive services  | Cornerstone of Recovery  | (866) 352-8537           | <a href="http://cornerstoneofrecovery.com/">cornerstoneofrecovery.com/</a>   |
| Counseling Services   | We Care Crisis Center  | (800) 567-HOPE<br>(4673) | <a href="http://wecarepeople.org/wecarecrisis">wecarepeople.org/wecarecrisis</a>   |
| Counseling Services   | Lutheran Social Services   | (614) 228-5200           | <a href="http://lssnetworkofhope.org/">lssnetworkofhope.org/</a>   |
| Crisis Hotline  | We Care Crisis Center  | (800) 567-HOPE<br>(4673) | <a href="http://wecarepeople.org/wecarecrisis">wecarepeople.org/wecarecrisis</a>   |
| Crisis Intervention   | Coleman Services   | (330) 673-1347           | <a href="http://colemanservices.org/">colemanservices.org/</a>   |
| Detoxification  | Maryhaven  | (614) 445-8131           | <a href="http://maryhaven.com/">maryhaven.com/</a>   |
| Detoxification  | Parkside Recovery/<br>Woods at Parkside                                      | (614) 881-4825           | <a href="http://thewoodsatparkside.com/">thewoodsatparkside.com/</a>   |
| Detoxification residential<br>substance abuse<br>treatment facility | CompDrug Corporation   | (614) 224-4506           | <a href="http://compdrug.org">compdrug.org</a>   |
| Diagnostic Assessment   | Coleman Services   | (330) 673-1347           | <a href="http://colemanservices.org/">colemanservices.org/</a>   |
| DUI offender programs   | Maryhaven  | (614) 445-8131           | <a href="http://maryhaven.com/">maryhaven.com/</a>   |
| Family support  | Al-Anon and Alateen of<br>Central Ohio                                       | (614) 547-1550           | <a href="http://coafg.org">coafg.org</a>   |
| Group Counseling  | Coleman Services   | (330) 673-1347           | <a href="http://colemanservices.org/">colemanservices.org/</a>   |
| Group Counseling  | Mansfield Urban<br>Minority Alcoholism and<br>Drug Abuse Outreach<br>Program | (419) 525-3525           | <a href="http://mansfieldumadaop.com">mansfieldumadaop.com</a>   |
| Group Therapy   | Catalyst Life Services   | (419) 522-4357           | <a href="http://catalystlifeservices.org">catalystlifeservices.org</a>   |
| Group Therapy   | OneEighty  | (330) 264-8498           | <a href="http://one-eighty.org/our-services/substance-abuse-and-addiction-services">one-eighty.org/our-services/substance-abuse-and-addiction-services</a> |
| Individual Counseling   | Coleman Services   | (330) 673-1347           | <a href="http://colemanservices.org/">colemanservices.org/</a>   |
| Individual Counseling   | Mansfield Urban<br>Minority Alcoholism and<br>Drug Abuse Outreach<br>Program | (419) 525-3525           | <a href="http://mansfieldumadaop.com">mansfieldumadaop.com</a>   |
| Individual support  | Alcoholics Anonymous   | (212) 870-3400           | <a href="http://aa.org/">aa.org/</a>   |
| Individual support  | Alcoholics Anonymous-<br>Central Ohio Group<br>Fellowship                    | (614) 253-8501           | <a href="http://aacentralohio.org">aacentralohio.org</a>   |
| Individual support  | Central Ohio Area<br>Narcotics Anonymous                                     | (614) 252-1700           | <a href="http://centralohionarcoticsanonymous.org/">centralohionarcoticsanonymous.org/</a>   |

| Subject   | Office   | Telephone      | Website  |
|---|--|----------------|--|
| Individual Therapy  | Catalyst Life Services                         | (419) 522-4357 | <a href="http://catalystlifeservices.org">catalystlifeservices.org</a>   |
| Inpatient Services  | Lutheran Social Services                       | (614) 228-5200 | <a href="http://lssnetworkofhope.org/">lssnetworkofhope.org/</a>   |
| Inpatient Services  | Catalyst Life Services                         | (419) 522-4357 | <a href="http://catalystlifeservices.org">catalystlifeservices.org</a>   |
| Inpatient Services  | Marion Area Counseling Center                  | (740) 387-5210 | <a href="http://maccsite.com">maccsite.com</a>   |
| Inpatient Services  | Behavioral Healthcare Partners of Central Ohio | (740) 522-8477 | <a href="http://bhcpartners.org">bhcpartners.org</a>   |
| Inpatient substance abuse treatment facilities                    | Maryhaven                                      | (614) 445-8131 | <a href="http://maryhaven.com/">maryhaven.com/</a>   |
| Inpatient substance abuse treatment facilities                    | North Central Mental Health Services           | (614) 299-6600 | <a href="http://ncmhs.org">ncmhs.org</a>   |
| Inpatient Treatment Services                                      | Shepherd Hill                                  | N/A            | <a href="http://shepherdhill.net/Programs-Services.aspx">shepherdhill.net/Programs-Services.aspx</a>   |
| Inpatient Treatment Services                                      | OneEighty                                      | (330) 264-8498 | <a href="http://one-eighty.org/our-services/substance-abuse-and-addiction-services">one-eighty.org/our-services/substance-abuse-and-addiction-services</a> |
| Inpatient Treatment Services                                      | Wooster Community Hospital New Vision          | (330) 263-8100 | <a href="http://woosterhospital.org/services/inpatient-rehabilitation/">woosterhospital.org/services/inpatient-rehabilitation/</a>                         |
| Inpatient Treatment Services                                      | Anazao Community Partners                      | (330) 264-9597 | <a href="http://anazao.co/treatments">anazao.co/treatments</a>   |
| Intensive Outpatient Treatment Services                           | Shepherd Hill                                  | N/A            | <a href="http://shepherdhill.net/Programs-Services.aspx">shepherdhill.net/Programs-Services.aspx</a>   |
| Medication assisted treatment for adults in an outpatient program | Premier Care Inc.                              | (567) 940-9145 | <a href="http://premiercare.org/find-a-clinic/lima-oh/">premiercare.org/find-a-clinic/lima-oh/</a>   |
| Medication-Assisted Treatment                                     | Healing Hearts Counseling Center               | (419) 528-5993 | <a href="http://healingheartsc.com/addiction-2/">healingheartsc.com/addiction-2/</a>   |
| Meetings held at various locations throughout Mansfield           | Narcotics Anonymous                            | N/A            | <a href="http://narcotics.com/na-meetings/ohio/mansfield-ohio/">narcotics.com/na-meetings/ohio/mansfield-ohio/</a>   |
| Meetings held at various locations throughout Newark              | Narcotics Anonymous                            | N/A            | <a href="http://narcotics.com/na-meetings/ohio/newark-ohio/">narcotics.com/na-meetings/ohio/newark-ohio/</a>   |

| Subject   | Office  | Telephone      | Website  |
|---|---|----------------|--|
| Meetings held at various locations throughout Wooster         | Narcotics Anonymous                             | N/A            | <a href="http://narcotics.com/na-meetings/ohio/wooster/">narcotics.com/na-meetings/ohio/wooster/</a>                     |
| Meetings held at various locations throughout Marion          | Narcotics Anonymous                             | (740) 387-8531 | <a href="http://narcotics.com/na-meetings/ohio/marion-ohio/">narcotics.com/na-meetings/ohio/marion-ohio/</a>             |
| Meetings held at various locations throughout Lima            | Narcotics Anonymous                             | N/A            | <a href="http://narcotics.com/na-meetings/ohio/lima/">narcotics.com/na-meetings/ohio/lima/</a>                           |
| Mental health and psychiatry                                  | Adult Children of Alcoholics (ACOA) and AL-ANON | (310) 534-1815 | <a href="http://adultchildren.org/">adultchildren.org/</a>   |
| Mental health and psychiatry                                  | Amethyst, Inc.                                  | (614) 242-1284 | <a href="http://alvis180.org/services/recovery-services/amethyst/">alvis180.org/services/recovery-services/amethyst/</a> |
| New Beginnings Alcohol & Drug Treatment Services              | Catalyst Life Services                          | (419) 522-4357 | <a href="http://catalystlifeservices.org">catalystlifeservices.org</a>   |
| Non-profit outpatient center providing comprehensive services | Catalyst Life Services                          | (419) 522-4357 | <a href="http://catalystlifeservices.org">catalystlifeservices.org</a>   |
| Opioid detox  | Rehabilitation Care Group                       | (614) 901-0590 |  |
| Outpatient  | Parkside Recovery/Woods at Parkside             | (614) 881-4823 | <a href="http://thewoodsatparkside.com/">thewoodsatparkside.com/</a>   |
| Outpatient  | Southeast, Inc.                                 | (614) 225-0990 | <a href="http://southeastinc.com">southeastinc.com</a>   |
| Outpatient programs   | House of Hope for Alcoholics                    | (614) 291-4691 | <a href="http://hofhope.org/">hofhope.org/</a>   |
| Outpatient Services   | Lutheran Social Services                        | (614) 228-5200 | <a href="https://lssnetworkofhope.org/">https://lssnetworkofhope.org/</a>  |
| Outpatient Services   | Catalyst Life Services                          | (419) 522-4357 | <a href="http://catalystlifeservices.org">catalystlifeservices.org</a>   |
| Outpatient Services   | Marion Area Counseling Center                   | (740) 387-5210 | <a href="http://maccsite.com">maccsite.com</a>   |
| Outpatient Services   | Behavioral Healthcare Partners of Central Ohio  | (740) 522-8477 | <a href="http://bhcpartners.org">bhcpartners.org</a>   |
| Outpatient Services   | Anazao Community Partners                       | (330) 264-9597 | <a href="http://anazao.co/treatments">anazao.co/treatments</a>   |

| Subject                       | Office  | Telephone               | Website  |
|-------------------------------|---|-------------------------|--|
| Outpatient Treatment Services | OneEighty   | (330) 264-8498          | <a href="http://one-eighty.org/our-services/substance-abuse-and-addiction-services">one-eighty.org/our-services/substance-abuse-and-addiction-services</a> |
| Peer Recovery                 | OneEighty   | (330) 264-8498          | <a href="http://one-eighty.org/our-services/substance-abuse-and-addiction-services">one-eighty.org/our-services/substance-abuse-and-addiction-services</a> |
| Peer Support Services         | Mansfield Urban Minority Alcoholism and Drug Abuse Outreach Program | (419) 525-3525          | <a href="http://mansfieldumadaop.com">mansfieldumadaop.com</a>   |
| Recovery Housing              | Urban Minority Alcoholism and Drug Abuse Outreach Program Lima      | (419) 224-4474          | <a href="http://limaumadaop.com/index.html">limaumadaop.com/index.html</a>   |
| Recovery Housing              | Mansfield Urban Minority Alcoholism and Drug Abuse Outreach Program | (419) 222-4474          | <a href="http://mansfieldumadaop.com">mansfieldumadaop.com</a>   |
| Recovery Support Services     | Mansfield Urban Minority Alcoholism and Drug Abuse Outreach Program | (419) 525-3525          | <a href="http://mansfieldumadaop.com">mansfieldumadaop.com</a>   |
| Recovery to Work Project      | Richland County Mental Health and Recovery Services                 | (419) 774-5811          | <a href="http://richlandmentalhealth.com/">richlandmentalhealth.com/</a>   |
| Residential Facility          | Parkside Recovery/Woods at Parkside                                 | (614) 881-4823          | <a href="http://thewoodsatparkside.com/">thewoodsatparkside.com/</a>   |
| Residential Services          | Urban Minority Alcoholism and Drug Abuse Outreach Program Lima      | (419) 222-4474          | <a href="http://limaumadaop.com/index.html">limaumadaop.com/index.html</a>   |
| Residential treatment         | Southeast, Inc.   | (614) 225-0990          | <a href="http://southeastinc.com">southeastinc.com</a>   |
| Substance abuse counseling    | CompDrug Corporation  | (614) 224-4506          | <a href="http://compdrug.org">compdrug.org</a>   |
| Substance abuse counseling    | Concord Counseling Center   | (614) 882-9338 ext. 205 | <a href="http://concordcounseling.org">concordcounseling.org</a>   |
| Substance abuse counseling    | Directions Counseling Group   | (614) 888-9200          | <a href="http://directcounselinginc.com/">directcounselinginc.com/</a>   |



| Subject                              | Office                                | Telephone      | Website  |
|--------------------------------------|---------------------------------------|----------------|--|
| Substance abuse counseling           | Dublin Counseling Center              | (614) 889-5722 | <a href="http://dublincounselingcenter.org">dublincounselingcenter.org</a>           |
| Substance abuse counseling           | House of Hope for Alcoholics          | (614) 291-4691 | <a href="http://hofhope.org/">hofhope.org/</a>                                       |
| Substance abuse counseling           | Montalvo-Crumbley and Associates, LLC | (614) 781-6590 | N/A  |
| Substance abuse counseling           | Neighborhood House                    | N/A            | <a href="http://nhwa.org/">nhwa.org/</a>   |
| Substance abuse counseling           | North Community Counseling Centers    | (614) 261-3196 | <a href="http://northcommunity.com">northcommunity.com</a>                           |
| Substance abuse counseling           | Northwest Counseling Services         | (802) 524-6554 | <a href="http://northwestcounselingservices.org">northwestcounselingservices.org</a> |
| Substance abuse counseling           | Maryhaven                             | (614) 445-8131 | <a href="http://maryhaven.com/">maryhaven.com/</a>                                   |
| Substance abuse counseling           | North Central Mental Health Services  | (614) 299-6600 | <a href="http://ncmhs.org">ncmhs.org</a>   |
| Substance abuse counseling           | Parkside Recovery/ Woods at Parkside  | (614) 881-4823 | <a href="http://thewoodsatparkside.com/">thewoodsatparkside.com/</a>                 |
| Substance abuse drop in services     | PEER Center                           | (614) 453-4840 | <a href="https://thepeercenter.org/">https://thepeercenter.org/</a>                  |
| Substance abuse education/prevention | Alcohol And Drug Awareness Series     | (614) 566-5000 | <a href="http://ohiohealth.com/riverside/">ohiohealth.com/riverside/</a>             |
| Substance abuse education/prevention | Columbus Public Health                | (614) 645-7417 | <a href="http://publichealth.columbus.gov">publichealth.columbus.gov</a>             |
| Substance abuse education/prevention | Community for New Direction           | (614) 272-1464 | <a href="http://cndonline.org">cndonline.org</a>                                     |
| Substance abuse education/prevention | CompDrug Corporation                  | (614) 224-4506 | <a href="http://compdrug.org">compdrug.org</a>                                       |
| Substance abuse education/prevention | Drug-Free Action Alliance             | (614) 540-9985 | <a href="http://drugfreeactionalliance.org">drugfreeactionalliance.org</a>           |
| Substance abuse education/prevention | Educational Council                   | (903) 892-9911 | <a href="http://sachelp.org/Home">sachelp.org/Home</a>                               |
| Substance abuse education/prevention | Franklin County Public Health         | (614) 525-3160 | <a href="http://myfcph.org/">myfcph.org/</a>   |
| Substance abuse education/prevention | Maryhaven                             | (614) 445-8131 | <a href="http://maryhaven.com/">maryhaven.com/</a>                                   |

| Subject   | Office  | Telephone      | Website  |
|---|---|----------------|--|
| Substance abuse education/prevention            | North Community Counseling Centers  | (614) 261-3196 | <a href="http://northcommunity.com">northcommunity.com</a>                           |
| Substance abuse education/prevention            | Northwest Counseling Services   | (614) 600-2708 | <a href="http://northwestcounselingservices.org">northwestcounselingservices.org</a> |
| Substance abuse education/prevention            | Ohio Physicians Health Program  | (614) 841-9690 | <a href="http://ophp.org/">ophp.org/</a>   |
| Substance abuse education/prevention            | Urban Minority Alcoholism and Drug Abuse Outreach Program of Franklin County Inc. | (614) 227-9694 | <a href="http://umadaopfc.com">umadaopfc.com</a>                                     |
| Substance Abuse Therapy                         | Healing Hearts Counseling Center  | (419) 528-5993 | <a href="http://healingheartsc.com/addiction-2/">healingheartsc.com/addiction-2/</a> |
| Treatment Court Advisory Board                  | Richland County Mental Health and Recovery Services                               | (419) 774-5811 | <a href="http://richlandmentalhealth.com/">richlandmentalhealth.com/</a>             |
| Treatment Services                              | Urban Minority Alcoholism and Drug Abuse Outreach Program Lima                    | (419) 222-4474 | <a href="http://limaumadaop.com/index.html">limaumadaop.com/index.html</a>           |
| Veterans support (all areas: detox, counseling) | United States Department of Veterans Affairs                                      | (614) 257-5200 | <a href="http://columbus.va.gov">columbus.va.gov</a>                                 |

### **DFSCA NOTIFICATION**

As mandated by the Drug-Free Schools and Communities Act, this information is distributed to all students and employees on an annual basis, and during every even year, a biennial review of the comprehensive alcohol and other drug program is conducted.