



Biennial Review of Bergen Community College's Alcohol and Other Drug Abuse Prevention Program 2016- 2017 & 2017-2018

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Bergen Community College Drug-Free Schools and Campuses Regulations

Drug and Alcohol Abuse Prevention Certification

Bergen Community College certifies it has adopted and implemented an alcohol and other drug abuse prevention program for its students, faculty, and staff that at minimum includes:

- I. The annual distribution of information about illegal uses and/or possession of alcohol and drugs to all members of the campus community including:
 - Standards of conduct that clearly prohibit the unlawful possession, use, or distribution of any illicit drugs and alcohol by students, faculty, and staff on its property or as part of any of its activities
 - A description of the applicable legal sanctions under local, State, and Federal law for the unlawful possession, use, or distribution of any illicit drugs and alcohol
 - A description of the health risks correlated with the use and/or abuse of any illicit drugs or alcohol
 - A clear statement that the college will impose disciplinary sanctions on students, faculty, and staff, which are consistent with local, State, and Federal laws, a description of those sanctions, up to and including expulsion or termination, for violation of the standards of conduct

- II. The use of a biennial review by the college of its alcohol and other drug abuse prevention program to
 - Determine its effectiveness and implement necessary changes to the alcohol and other drug abuse prevention program, policy, and procedures when needed
 - Ensure disciplinary sanctions are being enforced consistently



Introduction

The Drug-Free Schools and Campus Regulations CFR 34, Subtitle A, Part 86 of the Drug-Free Schools and Communities Act (DFSCA) require that institutions of higher education like Bergen Community College, adopt, implement, and evaluate programs to prevent the abuse of alcohol and use or distribution of illicit drugs by college students, faculty, and staff both on its premises and as a part of any of its activities. At a minimum, each institution of higher education must annually distribute the following in writing to all students, faculty, and staff:

- Standards of conduct that clearly prohibit the unlawful possession, use, or distribution of any illicit drugs and alcohol by students, faculty, and staff on its property or as part of any of its activities
- A description of the applicable legal sanctions under local, State, and Federal law for the unlawful possession, use, or distribution of any illicit drugs and alcohol
- A description of the health risks correlated with the use and/or abuse of any illicit drugs or alcohol
- A clear statement that the college will impose disciplinary sanctions on students, faculty, and staff, which are consistent with local, State, and Federal laws, a description of those sanctions, up to and including expulsion or termination, for violation of the standards of conduct

The law further requires that the institution conduct a biennial review of its program with the following objectives:

- Determine its effectiveness and implement necessary changes to the alcohol and other drug abuse prevention program, policy, and procedure when needed
- Ensure that disciplinary sanctions are being enforced consistently

The biennial review must also include a determination as to:

- The number of drug- and alcohol-related violations and fatalities occurring on campus, or as part of their activities that are reported to campus officials
- The number and type of sanctions the institution impose on students, faculty, and staff as a result of such violations or fatalities

Bergen Community College acknowledges its legal obligation to conduct a biennial review of compliance with the Drug-Free Schools and Communities Act. The intention of this document is to comply with the legal requirements as set forth by the DFSCA and to discuss prevention and education associated programs, initiatives, and activities related to the Bergen Community College Alcohol and Other Drug Abuse Prevention Program for the 2016-2017 & 2017-2018 academic years.



Biennial Review Process

Rachel Lerner Colucci, Dean of Student Life and Conduct and Jennifer Migliorino-Reyes, Dean of Student Support Services led the 2016-2017 and 2017-2018 Biennial Review process. The purpose of this review was to address, reflect, and assess the accomplishments, strengths, and weaknesses of the college's policies, processes, and programs related to alcohol and other drug abuse prevention.

The Bergen Community College Biennial Review was created using information and assistance provided by the following offices:

- Student Conduct
- Student Life
- Center for Student Success
- Center for Health Wellness and Personal Counseling
- Human Resources
- Athletics
- Office of the Vice President for Student Affairs
- Office of the Vice President for Academic Affairs

The following documents and programs were considered when creating the Bergen Community College Biennial Review

- Bergen Community College Policies
- Student Code of Conduct
- Student Conduct Data
- Clery Act Information
- Annual Security Report
- Mental Health Screening including Alcohol Audit

Notification and Distribution Process

Compliance with the Drug-Free Schools and Communities Act

Bergen Community College remains committed to work towards fulfillment of all requirements of the Drug-Free Schools and Communities Act and to maintain compliance. Timely and consistent distribution of college policy and procedures to all students, faculty, and staff are one aspect of this obligation.

Coordinated by the Center for Health, Wellness, and Personal Counseling and the Office of Student Life and Conduct, the Bergen Community College Alcohol and Other Drug Abuse Prevention Program is a wide-ranging program that incorporates evidenced-based practices, designed to implement and evaluate campus and community-based strategies to reduce and prevent high-risk drinking behaviors and substance use and abuse among our college students, faculty, and staff. The Bergen Community College Alcohol and Other Drug Abuse Prevention Program is a collaborative effort shared by the Center for Health, Wellness, and Personal Counseling, the Office of Student Life and Conduct, the Center for Student Success, Public Safety, the Bergen County Sheriff's Office, Athletics, and Human Resources.

Notification and Distribution



In order to ensure that all students and employees at Bergen receive a copy of the DAAPP, Bergen has adopted a policy requiring that the Dean of Student Life and Conduct email distribution of the DAAPP to all students and employees at the start of each academic term.

Furthermore, the Student Code of Conduct, which includes the Standards of Conduct for alcohol and drug violations and the Good Samaritan Policy, is included in the Annual Security and Fire Safety Report, which is emailed to every student, faculty, and staff member of the Bergen Community College community annually and posted on the college website.

Currently, Bergen Community College distributes the Employee Code of Professional Conduct to all faculty and staff members at the time of their hiring, and annually at the beginning of each academic year. New employees are required to sign a copy of this policy certifying that they agree to abide by the terms of the Employee Code of Professional Conduct. The signed certification letter must be returned to the Office of Human Resources within two weeks.

In addition to the Bergen Community College Drug and Alcohol Free Workplace Policy, a notice to all employees regarding the standards of employee conduct, applicable legal sanctions - local, state, and federal law, health risks of alcohol and drug use, and alcohol and drug resources and services is posted on the College website and also available through the Office of Human Resources.

Recommendation: Bergen's DAAPP is currently being updated and will be distributed to all students, faculty and staff at the start of each academic term.

Faculty and staff will be required to participate in an online annual training program that includes courses specific to Drug-Free Workplace and Student Drug and Alcohol Abuse. The participation and completion of these trainings will be tracked by the Department of Human Resources.

The Student Drug and Alcohol Policy should be reviewed and revised on an annual basis by the Dean of Student Life and Conduct or their designee.

The Career Development Center should add information on the Drug and Alcohol Free Workplace and the Student Substance Abuse policies to their hiring packet.



Bergen Community College Campus Resources

Office of Vice President for Student Affairs	201-447-3742
Health, Wellness and Personal Counseling Center	201-447-9257
Office of Human Resources	201-447-7442
Office of Student Life and Conduct	201-447-7215
Center for Student Success	201-447-7211
Department of Athletics	201--447-7182
Public Safety	201-559-3561
Bergen County Sheriff's Office	Dial 911

Websites that address Bergen Community College Alcohol and Other Drug Policies

Bergen Community College Code of Professional Conduct

<https://backup.bergen.edu/Portals/0/Docs/HR/Code%20of%20Conduct1723.pdf?ver=2015-07-10-153933-403>

Bergen Community College Drug Free Workplace Act Notice to Employees

<https://bergen.edu/faculty-staff/human-resources/compliance-training/drug-free-workplace-act/>

Bergen Community College Student Code of Conduct

<https://bergen.edu/current-students/student-services-departments/student-conduct/student-code-of-conduct/>
https://bergen.edu/wp-content/uploads/StudentCodeofConduct2016_EngVer12062016.pdf

Bergen Community College Alcohol and Drug Use Policy

<https://bergen.edu/current-students/student-services-departments/vp-of-student-affairs/student-policies-and-procedures/alcoholanddrugpolicy/>

Alcohol and Other Drug Prevention Programming

Center for Health, Wellness, and Personal Counseling

The Center for Health, Wellness and Personal Counseling Bergen Community College is dedicated to a pro-active approach to the education and prevention of alcohol and other drug use. Awareness about the use and abuse of alcohol and other drugs are a severe impediment to the overall success of students and employees has led to the implementation of an ever-growing program that strives to communicate the dangers and consequences of such use.

The Center maintains an ongoing collection of the latest brochures, which are available at all times to the entire Bergen community. These materials describe the health risks and dangers of alcohol and other drugs, as well as binge drinking, underage drinking, and driving while intoxicated.

The Center offers and facilitates a Mental Health Screening program and Mental Health Check-Up Days which include indicators for alcohol and drug addiction. This screening is offered to all appointments at the Center as well as at college-wide events such as Club Days.

Furthermore, the Center also maintains contact information for area treatment facilities.



Membership Affiliation

The Center for Health, Wellness, and Personal Counseling is a member of the Bergen County Prevention Coalition, a subsidiary of The Center for Alcohol and Drug Resources of Bergen County, and the New Jersey Higher Education Consortium on Alcohol and Other Drug Prevention and Education. This allows for constant dialogue with other counseling professionals on the latest empirical evidence and best practices on college campuses.

Two student conduct professionals are members of the Association of Student Conduct Administrators, a national professional organization. This membership allows for continuous professional development, training, and dialogue on implementing policy and sanctions for student conduct violations, including alcohol and drugs.

Recommendations:

Explore membership in the ACHA

Expand partnership with Bergen County Sheriff's Department for Community Outreach programming

Alcohol and Other Drug Educational Presentations

The Center for Health, Wellness, and Personal Counseling, in collaboration with other campus departments and outside organizations, provides on-campus alcohol and other drug educational programming designed to inform the entire campus community on the most current information available. These include, but are not limited to, a presentations to student-athletes on the dangers of alcohol and athletics, promotional materials made available on all campuses, education pamphlets and resources made available on all campus locations, and partnership with other college offices to offer alcohol and drug free events.

The Center for Health, Wellness and Personal Counseling conducts Mental Health First Aid training programs for faculty and staff on campus.

The Office of Student Life and Student Conduct

The offices of Student Life and Student Conduct facilitate programming for the greater student population in an effort to provide a co-curricular experience focused on retention and alcohol alternative programming. Student Life and Student Conduct, along with two student run organizations, holds approximately 300 programs during the academic year. Programming is held throughout the week in an effort to provide students with information and a comprehensive set of alternative activities to recreational alcohol consumption. Student Life has and will continue to poll students on their programming interests as well as track attendance to verify programming effectiveness.

As a community college without a residential population, it is difficult for us to measure the impact of our programming as alternatives to alcohol consumption. Rather, we focus on awareness programming and on providing opportunities for living a healthy and well-rounded lifestyle. The Student Government Association (SGA) and Student Activities Board (SAB), made up of students, will be working with Student Life and Student Conduct to facilitate programming students will find engaging. Student Life and Student Conduct will continue to track attendance at programming and perform an annual analysis to determine program effectiveness as it relates to deterring students from alcohol and other drug use.

The following are a list of activities and events provided for the student body, at little or no cost to them, which provide alcohol and other drug free alternatives:

- Yoga
- Intramural Sports
- Club events
- Guest speakers



- Leadership Development Retreats
- Bergen Community College Athletic events
- Off-campus trips including Broadway plays, day trips, Bronx Zoo, museums
- Bingo, Open Mic Nights
- Art events
- Stress relief events during mid-terms and finals

Intramural Sports

The Bergen Community College Intramural Sports program offers events, athletic and non-athletic, that are free for all Bergen students, faculty, and staff members. The mission is to deliver a welcoming and inclusive environment where all are invited to participate and meet like-minded individuals, while helping to promote a drug and alcohol-free lifestyle. Some of the intramural events offered have been kickball, dodgeball, basketball, arena flag football, volleyball, soccer, and ping-pong. Intramural events are offered throughout the week and provide a healthy outlet from busy academic schedules. The Bergen Intramural Sports program is a great way for students to increase their support system on campus, divert their attention from pressures of the classroom, provide healthy activity, social engagement, and an opportunity for physical exercise and fitness.

Student Surveys and Focus Groups

The College administered the Community College Survey of Student Engagement (CCSSE) in 2016. The co-chairs reviewed the survey report for information related to the student perceptions drug and alcohol abuse. While there was limited information specific to drug and alcohol use and abuse, it was a valuable endeavor the team.

No focus groups were conducted during the Biennial Review period.

Recommendation:

Develop and administer a survey targeted to poll the student body on perceptions and opinions on underage drinking, binge drinking, illegal drugs, knowledge of the College's drug and alcohol policies, and other factors that may influence student behaviors.

Conduct a focus group to assess perceptions and opinions of students about underage drinking, binge drinking, illegal drugs, knowledge of the College's drug and alcohol policies, and other factors that may influence student behaviors.

Recommendations

As we continue to enhance the Bergen Community College Alcohol and Other Drug Abuse Prevention Program, we are aware that evaluation is a key component. The co-chairs of the Biennial Review process will work with Institutional Research on creating a campus survey to identify student trends and beliefs related to alcohol and drug use amongst the student body. The plan is for this anonymous survey to be unveiled to the entire Bergen student body in the Fall semester of 2019. Furthermore, we will implement student focus groups to gain a greater understanding on the needs of our student body.



Policy and Enforcement of Disciplinary Sanctions

The Bergen Community Student Code of Conduct is overseen by the Dean of Student Life and Conduct, who reports to the Vice President for Student Affairs. The Dean of Student Life and Conduct, with the Coordinator of Student Conduct are charged with monitoring policy, procedure, and timely administration of the conduct process, entailing the adjudication of all reported incidents, establishing educational outcomes, including sanctions and stipulations, for violators of policy.

The current Student Code of Conduct was approved by the Board of Trustees and adopted in September 2016. Our policies have been changed to cover a wider variety of violations than in the previous code and to more clearly define the student conduct process. The new code of conduct reflects a revised student conduct process at Bergen Community College.

The Student Code of Conduct can be found on the Bergen website at https://bergen.edu/wp-content/uploads/StudentCodeofConduct2016_EngVer12062016.pdf

When a student is alleged to have violated the Bergen Community College Student Code of Conduct, they are sent a notification for a Student Conduct Conference which includes the following:

- a notice to appear, including a date, time and location of the meeting,
- a copy of the charges,
- a copy of the Student Code of Conduct highlighting what policy violation is in question and how the Student Conduct process works.

The following are the Alcohol and Other Drug policies as listed in the Student Code of Conduct under Article

V. Standards of Conduct, Section F.8:

Use, possession, manufacture, sale, purchase, transportation, and/or distribution of alcoholic beverages while on College premises. Use, possession, manufacture, sale, purchase, transportation, and/or distribution of narcotics, or other controlled dangerous substances, as well as drug paraphernalia, and/or abuse of prescription medications and drugs for the purposes of this Code, distribution is determined by the quantity of drugs, means and materials for distribution.

As Bergen Community College is dedicated to providing a safer campus, the sanctions that are imposed for underage possession or consumption are taken very seriously.

Sanctions for alcohol and other drug violations vary depending on the nature of the specific violation. Sanctions may include online education using Judicial Educator. This program purchased for use by the college, aim to help students learn valuable information about substance abuse and their own use patterns. Referrals to and meeting with a personal counselor is also possible. For students who are not of legal drinking age, both an online education program and a minimum of one session with a member of the Center for Health, Wellness, and Personal Counseling are assigned, and for students 21 years of age or older, consultation with the Center for Health, Wellness, and Personal Counseling is at the discretion of the hearing officer.

The following is a list of possible remedies and sanctions a student could receive for an Alcohol or Other Drug Violation:

- Written Warning- to the offender that the conduct must stop and any continuation may be a basis for more severe action.
- Probation- notice that further violation of this Code may result in expulsion. Also, the decision may place some additional restrictions on membership in student



organizations and/or participation in activities or may establish special restitution and service requirements.

- Suspension- revocation of the privilege of attending the College and using its facilities for a period of not less than one semester and not more than two academic years.
- Interim Suspension - In certain circumstances, the Dean of Student Life and Conduct, or a designee, may impose an interim suspension prior to the student conduct conference.
 - Interim suspension may be imposed only:
 - to ensure the safety and well-being of members of the College community or preservation of College property;
 - to ensure the student's own physical or emotional safety and well-being;
 - if the student poses a definite threat of disruption of or interference with normal operations of the College.
 - During the interim suspension, students shall be denied access to the campus (including classes) and/or all other activities or privileges for which the student might otherwise be eligible, as the Dean, or designee, may determine to be appropriate.
- Facilities Restriction- revocation or restriction of privileges for the use of some but not all College facilities.
- Expulsion- Permanent termination of student status and rights to be present on College property and attend/participate in College-sponsored events.
- Referral to civil or criminal authorities.

Any of the following may accompany a remedy and sanction:

- Restitution requiring individuals to restore or replace within a specified time, property which has been damaged, defaced, lost or stolen.
- Service assignment requiring an individual to perform services for the community or the College c. Referral to appropriate psychological or psychiatric service for evaluation, mandated assessment, or other special help.
- Fines for drug and alcohol violations as outlined in the Student Handbook.
- Campus-Wide Notice of No Trespass will accompany a sanction of suspension or expulsion from the College.
- Campus-Wide No Contact Order: the Dean may impose a No-Contact Order between parties to a complaint when the fear of retaliation and/or harassment may be present.
- Other Educational Sanction: educational sanctions meant to help students learn from their experiences. Other educational sanctions, such as reflection papers, required attendance at educational programs, letters of apology or other restorative assignments may be imposed consistent with the nature and severity of the violation(s).

Employees who think that they may have an alcohol or drug use problem are urged to seek confidential assistance from the Bergen Community College Employee Assistance Program or their health insurance provider.

Faculty and staff who violate Bergen's Drug and Alcohol Policy may be subject to the following sanctions:

- Employees who demonstrate a substance abuse problem may be given the option to seek assistance and thereby defer consideration of termination or other disciplinary action provided the employee adheres to



the treatment plan set forth by his or her treatment provider. Employees who undergo voluntary counseling or treatment and who continue to work must meet all established standards of conduct and job performance.

- If an employee violates the policy, he or she may be subject to disciplinary action up to and including demotion, suspension, or termination. The College, in its discretion, may choose not to terminate an employee, and in such event, the College, in addition to any disciplinary action, may refer the employee to a treatment and/or counseling program for substance abuse.
- Any employee convicted for violation of any criminal drug statute must notify the College in writing, of said conviction no later than five (5) days after any such conviction. The College will take appropriate action within ten (10) days of receiving said notice of conviction.

Violation and Sanction Data

Below you will find statistical data of all of the incidents involving alcohol and other drugs for the academic years 2016-2017 and 2017-2018:

2016-2017	On Campus	Noncampus	Public Property	Uncategorized
DISCIPLINARY ACTIONS: Drug law violations	1	0	0	0
DISCIPLINARY ACTIONS: Liquor law violations	0	0	0	0
ARRESTS: Drug law violations	0	0	0	0
ARRESTS: Liquor law violations	0	0	0	0
2017-2018	On Campus	Noncampus	Public Property	Uncategorized
DISCIPLINARY ACTIONS: Drug law violations	0	0	0	0
DISCIPLINARY ACTIONS: Liquor law violations	0	0	0	0
ARRESTS: Drug law violations	0	0	0	0
ARRESTS: Liquor law violations	0	0	0	0

We recognize these are very low numbers of reports for disciplinary action for drug and alcohol violations. Importantly, we note that the number of on-campus incidents actually decreased between 2016/2017 and 2017/2018 from one to zero. We believe the exceptionally low incident numbers is mostly due to the fact we are a non-residential campus and most drug and alcohol use occurs off campus. While there were no reports for violations, we realize there may be drug and alcohol use and abuse within our campus population and will continue to encourage reporting of issues related to alcohol and other drug use so that we may best support our campus community.

Amnesty and Good Samaritan Policies

Amnesty for Victims

The College encourages the reporting of crimes and violations of this Code by victims. Sometimes, victims are hesitant to report to college officials because they fear that they may be accused of policy violations, such as underage drinking at the time of the incident. It is in the best interests of this community that as many victims as possible choose to report to College officials. To encourage reporting, the College pursues a policy of offering victims of severe conduct offenses amnesty from policy violations related to the incident.

Good Samaritan

In a community, students are encouraged to help other members of the community who are in need; to be Good Samaritans. When a student has assisted an intoxicated student in procuring campus safety and/or professional



medical assistance at Health Services, or any other healthcare facility, neither the intoxicated student nor the individual(s) who assist them will be subject to formal action through this process for (a) being intoxicated, or (b) having provided that person alcohol and/or drugs. This applies only to first-time, isolated incidents, and does not excuse or protect those who flagrantly or repeatedly violate college alcohol and/or drug policies.

Bergen Community College Department of Athletics

At Bergen Community College, the institution believes that athletics is an integral part of the educational experience. The Athletics Department offers programs that provide students with the opportunity to participate in intercollegiate athletics in a wide variety of sports including basketball, baseball, track and field, soccer, and golf, softball, cross country, volleyball, tennis and wrestling. The Bergen Community College Bulldogs regularly place student-athletes on NJCAA All-Conference, All-Region and All-American athletic and academic teams.

Bergen believes that athletics is an important way in which students can maintain good health, learn, and grow.

Substance abuse is one of the most important issues facing athletics and society today. The use of illegal drugs, misuse of legal drugs and supplements, use of performance-enhancing substances, misuse of alcohol and inappropriate use of tobacco are completely inconsistent with the standards expected of student-athletes at Bergen Community College and the NJCAA. College. The student- athlete's health, safety, and welfare are our first priority.

Every member of the athletic community is responsible for knowing the risks associated with substance abuse. Medically and socially, the risks can seriously interfere with an individual's performance both as a student and as an athlete, and can endanger the well-being of their teammates. Therefore, student-athletes, coaches, and staff are obligated to know the relevant college policies, federal, state, NJCAA, and local laws and to conduct themselves in accordance with these policies and laws.

The Athletic Director covers the substance use and abuse, awareness, and policies with all student-athletes during the Student-Athlete Orientation Program.

NJCAA Statement on Substance Use and Abuse

The National Junior College Athletic Association (NJCAA) is the governing body of intercollegiate athletics for two-year colleges. As such, its programs are designed to meet the unique needs of a diverse group of student-athletes who come from both traditional and non-traditional backgrounds and whose purpose in selecting a two-year college may be as varied as their experiences before attending college.

Given this perspective, the NJCAA accepts its responsibility by seeking to provide a competitive environment that is free from drug and substance use and abuse in any form for the purpose of facilitating or enhancing athlete performance by any athlete engaged in competition that is sponsored by the NJCAA.

It is the position of the NJCAA to serve as a resource and referral agency for any athlete, coach or administrator who wishes to secure information relative to the effects, consequences and potential avenues of treatment for substance abuse; to coordinate the efforts of coaches and athletic administrators, in their efforts to serve as educational liaisons for those student-athletes wishing to further their athletic careers at four-year institutions, that are subject to drug testing procedures; and to continue to endorse and encourage efforts on the part of member institutions to educate their athletes to the implications of drug usage, in their lives beyond athletics.

It is a fundamental belief of the NJCAA that athletic participation is a privilege and that those athletes who use illegal performance-enhancing and/or recreational drugs substantively violate that privilege. In response to any violations of this nature that occur and are detected in NJCAA sponsored events, continuation of rights and



privileges of participation by the individual or the institution will be reviewed and revoked, as appropriate.

The NJCAA requires of its member institutions the following:

- 1) Development and implementation of an alcohol, tobacco, drugs and other controlled substances awareness education program for all members of intercollegiate athletic department staff and student-athletes.
- 2) Development and distribution of an institutional policy statement relative to the use and abuse of alcohol, tobacco, drugs and other controlled substances. This policy statement should address participation and the expectations of the member institution for each intercollegiate athletic department staff member and student-athletes standard of behavior.
- 3) Development and implementation of a plan for referral, treatment and rehabilitation for all members of intercollegiate athletic department staff members and student-athletes with drug and/or alcohol related problems.
- 4) By using various resources of individual institutions in response to institutional needs and demands, investigate the feasibility of a complete and comprehensive drug use and abuse screening program.

Substances banned for use by student-athletes competing in NJCAA sponsored events are those found on the NCAA list of banned drug classes. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example by the NCAA.

Recommendations

The Department of Athletics will explore increasing the number drug and alcohol awareness education sessions. A recommendation for improvement would be to hold drug and alcohol education sessions twice during the academic year and to mandate each intercollegiate team perform community service programs in this subject matter.

The Department of Athletics will continue to work closely with the Bergen Community College offices of Student Conduct and the Center for Health, Wellness, and Personal Counseling to better educate and service our student-athlete population in this area.

The Department of Athletics will develop a policy statement for use and abuse of alcohol, tobacco, drugs and other controlled substances.



Pertinent New Jersey State and Local Laws Regarding Alcohol Offenses and Penalties

State of New Jersey

The purchase and consumption of alcohol is a right extended by the State of New Jersey. The legal age to purchase and consume alcoholic beverages in the State of New Jersey is twenty-one. (N.J.S.A. 9:17b-1)

Possession or Consumption of Alcoholic Beverages in Public Places by persons under legal age (N.J.S.A. 2C:33-IS)

Any person under the legal age to purchase alcoholic beverages who knowingly possesses without legal authority or who knowingly consumes any alcoholic beverage in any school, public conveyance, public place, place of public assembly, or motor vehicle is guilty of a disorderly persons offense and shall be fined not less than \$500.

Purchase of Alcohol by/for the under aged (N.J.S.A. 33:1-81)

An under aged person who purchases or attempts to purchase alcohol, or who misstates his/her age, or a person of legal age who purchases alcohol for an under aged person faces a conviction of a disorderly persons offense, which incurs a fine of not less than \$500 and loss of license for six months. In addition, under aged persons may be required to participate in a state-sponsored alcohol education program.

Offering Alcoholic Beverages to Underage Person (N .J.S.A. 2C:33-17)

Anyone who purposely or knowingly offers or serves or makes available an alcoholic beverage to a person under the legal age for consuming alcoholic beverages or entices that person to drink an alcoholic beverage is a disorderly person. This provision does not apply to certain close relatives, certain activities confined to the home, or if the consumption is part of a religious observance.

Transfer of ID (N.J.S.A. 33:1-81.7)

Someone who is under aged and uses another person's ID card to obtain alcohol, or someone of legal age who gives his/her ID card to an under aged person so that he/she can obtain alcohol, faces a fine of up to \$300 or up to 60 days in jail.

False ID (N.J.S.A. 2C:21-2.1 Id)

A person who knowingly possesses a document or other writing which falsely purports to be a driver's license or other document issued by a governmental agency and which could be used as a means of verifying a person's identity or age or any other personal identifying information is guilty of a crime in the fourth degree.

Host/Hostess Liability

Under a 1984 New Jersey Supreme Court decision, Kelly vs. Gwinnell, a host or hostess who serves alcoholic beverages to a guest, knowing that the guest is intoxicated and will soon be driving, can be held liable for injuries inflicted on a third party if that guest is involved in a motor vehicle accident.

Driving While Intoxicated

Operating Motor Vehicles While Under the Influence of Intoxicants (N.J.S.A. 39:4-50)

A person is said to be legally drunk in New Jersey if his/her blood alcohol concentration is at or above .08%.

Penalties: All persons convicted of DWI must pay an insurance surcharge of \$ 1,000 per year for three years. In addition:

- For the first offense, there are additional fines and charges of at least \$470



(bringing the total minimum charges for a first offense to \$3,470); loss of license for 7-12 months; and a requirement to spend 12-48 hours in an Intoxicated Driver Resource Center. A first-time offender also faces a possible 30-day jail term.

- For a second offense, there are additional fines and charges of at least \$720; loss of license for two years; a requirement to perform 30 days of community service and to spend 48 hours in an Intoxicated Driver Resource Center or jail. Also, there is a possible 90-day jail term.
- For a third offense, additional fines and charges of at least \$1,220; loss of license for 10 years; and a 180-day jail term. The insurance surcharge for a third-time offender is \$1,500 per year for three years. These fines and charges do not include court and legal fees.

Driving While License is Suspended Due to DWI (N.J.S.A. 39.3-40)

If a person is found driving while his/her license is suspended due to a conviction for Driving While Intoxicated, that person upon conviction again shall be fined \$500, shall have his license to operate a motor vehicle suspended for an additional period of not less than one year nor more than two years, and may be imprisoned in the county jail for not more than 90 days.

Refusal to Take the Breathalyzer Test (N.J.S.A. 39:4-50.4a)

Refusal to take the breathalyzer test where there is probable cause for arrest for DWI will result in up to 10 year loss of license, a fine of \$300-\$1000, and an obligation to satisfy the requirements of an alcohol education or rehabilitation program. A person can also be convicted of DWI without the results of a breathalyzer test. In that case, s/he will suffer all the additional fines and penalties specified for the DWI conviction.

Borough of Lodi, New Jersey

ORDINANCE NO. 78-10

An ordinance prohibiting the consumption of alcoholic beverages in public and other places and providing penalties for the violation thereof. Be it ordained, by the Municipal council of the Borough of Lodi, in the county of Bergen and State of New Jersey as follows:

SECTION 1: No person shall consume, drink, or imbibe or offer to another for consumption, drinking or imbibing, any alcoholic beverages in or upon

(d) Any private property not his or her own, without the express permission of the owner or other person having authority to grant such permission

SECTION 3: For violation of any provision of this Ordinance, the maximum penalty shall, upon conviction of a violation, be a fine not exceeding Five Hundred (\$500.00) Dollars, or imprisonment in the County Jail for a period not exceeding ninety (90) days or both, at the discretion of the court.

Borough of Rutherford, New Jersey

7-8. Consumption; possession of open containers.

A. No person shall drink or have in his possession any open container of alcoholic beverage in any public or quasi-public place or while in or on a public street or thoroughfare or while in a parked vehicle on any street or public thoroughfare in the Borough of Rutherford.

B. Every person who drinks or has in his possession an open container or any alcoholic beverages in any public or quasi-public place or on a public street or thoroughfare in the Borough of Rutherford shall, upon conviction, be subject to a fine of \$50 for the first offense or violation and, in default of payment thereof, be imprisoned in the county jail for a period not exceeding 30 days, in the discretion of the court.

C. Every person who drinks or has in his possession an open container or any alcoholic beverages in any public place or quasi-public place or on a public street or thoroughfare in the



Borough of Rutherford shall, upon conviction, be subject to a fine of \$100 for the second and each subsequent offense or violation and, in default of payment thereof, be imprisoned in the county jail for a period not exceeding 30 days, in the discretion of the court.

7-9. Prohibited transfers to minors.

A. It shall be unlawful for any person to sell, distribute, transfer, give or by any other means supply any beer, wine, alcohol or alcoholic beverage to any person under the legal age to purchase alcoholic beverages in any public or quasi-public place or while in or on a public street or thoroughfare or while in a parked vehicle on any street or public thoroughfare in the Borough of Rutherford, except such transfers between a parent and his minor child.

B. Every person who violates the provisions of Subsection A above shall, upon conviction thereof, be subject to a fine in an amount not exceeding \$500 for each offense or violation or be imprisoned in the county jail for a period not exceeding 30 days in the discretion of the court.

7-21. Restrictions on minors.

A. Persons under the legal age for purchasing alcoholic beverages shall not be allowed in any room in which any bar is located unless accompanied by a parent or guardian.

B. No sale of alcoholic beverage for consumption on the licensed premises shall be made to any person under the legal age for purchasing alcoholic beverages.

Pertinent New Jersey State and Federal Laws and Vocabulary Regarding Drug Offenses and Penalties

State of New Jersey

N.J.S.A. 2C:35-3, Leader of Narcotics Trafficking Network: provides penalties for a person found to have acted as an organizer, supervisor, manager or financier of a scheme distributing any Schedule I or II drug.

N.J.S.A. 2C:35-4, Maintaining or Operating a Controlled Dangerous Substance (CDS) Production Facility: provides that such conduct is a first degree crime punishable by imprisonment and fines.

N.J.S.A. 2C:35-5, Manufacturing, Distributing, or Dispensing: provides that such conduct results in imprisonment and fines.

N.J.S.A. 2C:35-6, Using a Juvenile in a Drug Distribution Scheme: provides that such conduct is a second degree crime punishable by imprisonment and fines.

N.J.S.A. 2C:35-7, Drug-Free School Zones: provides that any person who distributes, dispenses, or possesses with intent to distribute a controlled dangerous substance within 1,000 feet of school property is guilty of a crime of the third degree.

N.J.S.A. 2C:35-8, Distribution to Persons Under Eighteen or Pregnant Females: provides that such conduct carries a penalty of imprisonment and fines.

N.J.S.A. 2C:35-9, Strict Liability for Drug-Induced Death: provides that such a situation is a first degree crime, same as murder, but no intent need be shown, only that death resulted as a result of the use of a drug supplied by the defendant .

N.J.S.A. 2C:35-10, Possession, Use, Being Under the Influence, or Failure to Make Lawful Disposition: provides that such conduct carries penalties of imprisonment and fines.



N.J.S.A. 2C:35-11, Imitation Controlled Dangerous Substance (CDS): provides that dispensing or distributing a substance falsely purported to be a CDS is a third degree crime, and can carry a fine up to \$200,000.

Possession of anabolic steroids is a third degree crime.

Paraphernalia: Drug paraphernalia is defined " ... all equipment, products, and materials of any kind which are used or intended for use in planting, propagating, cultivating, growing, harvesting, manufacturing, compounding, converting, producing, processing, preparing, testing, analyzing, packaging, repackaging, storing, containing, concealing, ingesting, inhaling, or otherwise introducing into the human body a controlled dangerous substance... including... roach clips... bongs... pipes..."

N.J.S.A. 2C:36-2, Use or Possession with Intent to Use, Narcotic Paraphernalia: provides that such conduct carries a disorderly persons offense.

N.J.S.A. 2C:36-3, Distribute, Dispense, Possess with Intent to, Narcotics Paraphernalia: provides that such conduct is a fourth degree crime.

N.J.S.A. 2C:36-4, Advertise to Promote Sale of Narcotics Paraphernalia: provides that such conduct is a fourth degree crime.

N.J.S.A. 2C:36-5, Delivering Paraphernalia to Person under Eighteen Years: provides that such conduct constitutes a third degree crime.

N.J.S.A. 2C:36-6, Possession or Distribution of Hypodermic Syringe: provides that such conduct constitutes a disorderly persons offense.

Federal Drug Offenses

The criminal offenses most commonly charged under the Federal Controlled Substances Act are the knowing, intentional and unauthorized manufacture, distribution or dispensing of any controlled substance or the possession of any controlled substance with the intent to manufacture, distribute or dispense. Federal law also prohibits the knowing, intentional and unauthorized creation, distribution, dispensing or possession with the intent to distribute or dispense a "counterfeit substance." Simple possession without necessarily an intent to distribute is also forbidden by Federal law and carries a penalty of imprisonment. Attempts and/or conspiracies to distribute or possess with intent to distribute a controlled substance are crimes under Federal law.

Specific drug crimes that may carry greater penalties include the following:

- The distribution of narcotics to persons under 21;
- The distribution or manufacturing of narcotics near schools and colleges;
- The employment of juveniles under the age of 18 in drug trafficking operations;
- The distribution of controlled substances to pregnant women.

The penalties for violating Federal narcotics statutes vary. The penalties may be more severe based upon two principal factors:

- The type of drug involved; and
- The quantity of the drug involved.

With the exception of simple possession charges which result in up to one year imprisonment, maximum penalties for narcotic violations range from 20 years to life in prison. Certain



violations carry mandatory minimum prison sentences of either five years or ten years. Harsher penalties will be imposed if a firearm is used in the commission of a drug offense. If a drug offense results in death or serious bodily injury to an individual who uses the drug involved, the penalties are harsher.

Anabolic steroids are controlled substances and distribution or possession with intent to distribute carries a sentence of up to five years and a \$250,000 fine.

Overdose Prevention Act

An Act concerning opioid antidotes and overdose prevention, and supplementing Title 24 of the Revised Statutes and Title 2C of the New Jersey Statutes.

Be It Enacted by the Senate and General Assembly of the State of New Jersey:

C. 4:6J-1 Short title.

1. This act shall be known and may be cited as the "Overdose Prevention Act."

C.24:6J-2 Findings, declarations relative to overdose prevention.

2. The Legislature finds and declares that encouraging witnesses and victims of drug overdoses to seek medical assistance saves lives and is in the best interests of the citizens of this State and, in instances where evidence was obtained as a result of seeking of medical assistance, these witnesses and victims should be protected from arrest, charge, prosecution, conviction, and revocation of parole or probation for possession or use of illegal drugs. Additionally, naloxone is an inexpensive and easily administered antidote to an opioid overdose. Encouraging the wider prescription and distribution of naloxone or similarly acting drugs to those at risk for an opioid overdose, or to members of their families or peers, would reduce the number of opioid overdose deaths and be in the best interests of the citizens of this State. It is not the intent of the Legislature to protect individuals from arrest, prosecution or conviction for other criminal offenses, including engaging in drug trafficking, nor is it the intent of the Legislature to in any way modify or restrict the current duty and authority of law enforcement and emergency responders at the scene of a medical emergency or a crime scene, including the authority to investigate and secure the scene.

C.24:6J-3 Definitions relative to overdose prevention.

3. As used in this act:

"Commissioner" means the Commissioner of Human Services.

"Drug overdose" means an acute condition including, but not limited to, physical illness, coma, mania, hysteria, or death resulting from the consumption or use of a controlled dangerous substance or another substance with which a controlled dangerous substance was combined and that a layperson would reasonably believe to require medical assistance.

"Medical assistance" means professional medical services that are provided to a person experiencing a drug overdose by a health care professional, acting within the scope of his or her lawful practice, including professional medical services that are mobilized through telephone contact with the 911 telephone emergency service.

"Opioid antidote" means naloxone hydrochloride or any other similarly acting drug approved by the United States Food and Drug Administration for the treatment of an opioid overdose.

"Health care professional" means a physician, physician assistant, advanced practice nurse, or other individual who is licensed or whose professional practice is otherwise regulated pursuant to Title 45 of the Revised Statutes, other than a pharmacist, and who, based upon the accepted scope of professional authority, prescribes or dispenses an opioid antidote.



"Patient" includes a person who is not at risk of an opioid overdose but who, in the judgment of a physician, may be in a position to assist another individual during an overdose and who has received patient overdose information as required by section 5 of this act on the indications for and administration of an opioid antidote.

C.2C:35-30 Immunity from liability, certain circumstances, for persons seeking medical assistance for someone experiencing a drug overdose.

7. a. A person who, in good faith, seeks medical assistance for someone experiencing a drug overdose shall not be:

(1) arrested, charged, prosecuted, or convicted for obtaining, possessing, using, being under the influence of, or failing to make lawful disposition of, a controlled dangerous substance or controlled substance analog pursuant to subsection a., b., or c. of N.J.S.2C:35- 10;

(2) arrested, charged, prosecuted, or convicted for inhaling the fumes of or possessing any toxic chemical pursuant to subsection b. of section 7 of P.L.1999, c.90 (C.2C:35-10.4);

(3) arrested, charged, prosecuted, or convicted for using, obtaining, attempting to obtain, or possessing any prescription legend drug or stramonium preparation pursuant to subsection b., d., or e. of section 8 of P.L.1999, c.90 (C.2C:35-10.5);

(4) arrested, charged, prosecuted, or convicted for acquiring or obtaining possession of a controlled dangerous substance or controlled substance analog by fraud pursuant to N.J.S.2C:35-13;

(5) arrested, charged, prosecuted, or convicted for unlawfully possessing a controlled dangerous substance that was lawfully prescribed or dispensed pursuant to P.L.1998, c.90 (C.2C:35-24);

(6) arrested, charged, prosecuted, or convicted for using or possessing with intent to use drug paraphernalia pursuant to N.J.S.2C:36-2 or for having under his control or possessing a hypodermic syringe, hypodermic needle, or any other instrument adapted for the use of a controlled dangerous substance or a controlled substance analog pursuant to subsection a. of N.J.S.2C:36-6;

(7) subject to revocation of parole or probation based only upon a violation of offenses described in subsection a. (1) through (6) of this section, provided, however, this circumstance may be considered in establishing or modifying the conditions of parole or probation supervision.

b. The provisions of subsection a. of this section shall only apply if:

(1) the person seeks medical assistance for another person who is experiencing a drug overdose and is in need of medical assistance; and

(2) the evidence for an arrest, charge, prosecution, conviction, or revocation was obtained as a result of the seeking of medical assistance.

c. Nothing in this section shall be construed to limit the admissibility of any evidence in connection with the investigation or prosecution of a crime with regard to a defendant who does not qualify for the protections of this act or with regard to other crimes committed by a person who otherwise qualifies for protection pursuant to this act. Nothing in this section shall be construed to limit any seizure of evidence or contraband otherwise permitted by law. Nothing herein shall be construed to limit or abridge the authority of a law enforcement officer to detain or take into custody a person in the course of an investigation or to effectuate an arrest for any offense except as provided in subsection a. of this section. Nothing in this section shall be construed to limit, modify or remove any immunity from liability currently available to public entities or public employees by law.

C.2C:35-31 Protections for certain persons experiencing a drug overdose.

8. a. A person who experiences a drug overdose and who seeks medical assistance or is the subject of a good faith request for medical assistance pursuant to section 4 of this act shall not be:



(1) arrested, charged, prosecuted, or convicted for obtaining, possessing, using, being under the influence of, or failing to make lawful disposition of, a controlled dangerous substance or controlled substance analog pursuant to subsection a., b., or c. of N.J.S.2C:35-10;

(2) arrested, charged, prosecuted, or convicted for inhaling the fumes of or possessing any toxic chemical pursuant to subsection b. of section 7 of P.L.1999, c.90 (C.2C:35-10.4);

(3) arrested, charged, prosecuted, or convicted for using, obtaining, attempting to obtain, or possessing any prescription legend drug or stramonium preparation pursuant to subsection b., d., or e. of section 8 of P.L.1999, c.90 (C.2C:35-10.5);

(4) arrested, charged, prosecuted, or convicted for acquiring or obtaining possession of a controlled dangerous substance or controlled substance analog by fraud pursuant to N.J.S.2C:35-13;

(5) arrested, charged, prosecuted, or convicted for unlawfully possessing a controlled dangerous substance that was lawfully prescribed or dispensed pursuant to P.L.1998, c.90 (C.2C:35-24);

b. arrested, charged, prosecuted, or convicted for using or possessing with intent to use drug paraphernalia pursuant to N.J.S.2C:36-2 or for having under his control or possessing a hypodermic syringe, hypodermic needle, or any other instrument adapted for the use of a controlled dangerous substance or a controlled substance analog pursuant to subsection a. of N.J.S.2C:36-6; subject to revocation of parole or probation based only upon a violation of offenses described in subsection a. (1) through (6) of this section, provided, however, that this circumstance may be considered in establishing or modifying the conditions of parole or probation supervision. b. The provisions of subsection a. of this section shall only apply if the evidence for an arrest, charge, prosecution, conviction or revocation was obtained as a result of the seeking of medical assistance. c. Nothing in this section shall be construed to limit the admissibility of any evidence in connection with the investigation or prosecution of a crime with regard to a defendant who does not qualify for the protections of this act or with regard to other crimes committed by a person who otherwise qualifies for protection pursuant to this act. Nothing in this section shall be construed to limit any seizure of evidence or contraband otherwise permitted by law. Nothing herein shall be construed to limit or abridge the authority of a law enforcement officer to detain or take into custody a person in the course of an investigation or to effectuate an arrest for any offense except as provided in subsection a. of this section. Nothing in this section shall be construed to limit, modify or remove any immunity from liability currently available to public entities or public employees by law.

9. Sections 1 through 6 of this act shall take effect on the first day of the second month next following enactment, except that the Commissioner of Human Services shall take any anticipatory action in advance thereof as shall be necessary for the implementation of this act and sections 7 and 8 shall take effect immediately.

Approved May 2, 2013.

9-1-1 Lifeline Legislation

AN ACT concerning persons under the legal age to possess and consume alcoholic beverages, amending P.L.1979, c.264, and supplementing P.L.2000, c.33.

BE IT ENACTED by the Senate and General Assembly of the State of New Jersey:

C.40:48-1.2a Immunity from prosecution; certain circumstances.

2. a. An underage person and one or two other persons shall be immune from prosecution under an ordinance authorized by section I of P.L.2000, c.33 (C.40:48-1.2) prohibiting any person under the legal age who, without legal authority, knowingly possesses or knowingly consumes an alcoholic beverage on private property if:

(1) one of the underage persons called 9-1-1 and reported that another underage person

was in need of medical assistance due to alcohol consumption;

(2) the underage person who called 9-1-1 and, if applicable, one or two other persons acting in concert with the underage person who called 9-1-1 provided each of their names to the 9-1-1 operator;

(3) the underage person was the first person to make the 9-1-1 report; and

(4) the underage person and, if applicable, one or two other persons acting in concert with the underage person who made the 9-1-1 call remained on the scene with the person under the legal age in need of medical assistance until assistance arrived and cooperated with medical assistance and law enforcement personnel on the scene.

b. The underage person who received medical assistance as provided in subsection a. of this section also shall be immune from prosecution under an ordinance authorized by section 1 of P.L.2000, c.33 (C.40:48-1.2).

3. This act shall take effect immediately.

Approved October 1, 2009.



Health Risks Associated With the Use of Illicit Drugs and Alcohol

These brief summaries are an overview of the major health risks associated with the use of illicit drugs and alcohol. Abuse of alcohol and other drugs can lead to chemical dependency, increased tolerance, deterioration of relationships with family, friends, and co-workers, and can be harmful during pregnancy.

Alcohol

- Alcohol is a depressant that decreases the responses of the central nervous system;
- Excessive drinking can cause liver damage and psychotic behavior;
- As little as two beers or drinks can impair coordination and thinking;
- Alcohol continues to be the most frequently abused substance among young adults.
- Risk of injury or death as a result of accident or violence;
- Impaired vision and motor coordination, memory defects, hallucinations, blackouts, and seizures;
- Long-term use can result in permanent damage to the brain, elevated blood pressure and heart rate, risk of stroke, heart failure, increased risk of mouth and throat cancer, impaired judgment and verbal ability, and inability to concentrate.

Alcohol is an especially dangerous drug for pregnant women. Drinking during pregnancy raises the risk of low-birth weight babies and intrauterine growth retardation, increasing the danger of infection, feeding difficulties, and long-term developmental problems.

Marijuana

Also known as: Pot, Grass, Joints, Roaches, Reefer, Weed, Mary Jane

- Marijuana may cause impaired short-term memory, a shortened attention span and delayed reflexes;
- During pregnancy, marijuana may cause birth defect;
- Marijuana may cause increased heart rate and pulse, breathing problems, relaxed inhibitions, and disoriented behavior;
- Increased risk of mouth, throat, and lung cancer;
- Long-term use has been linked to increased anxiety, panic attacks, paranoia, and hallucinations;
- Contains THC (delta-9-tetrahydrocannabinol), the main active chemical in marijuana, as well as 400 other chemicals;
- THC content of marijuana has been increasing since the 1970s.

Cocaine

Also known as: Coke, Dust, Snow, Flake, Blow, Girl

- Cocaine has a high risk of addiction and dependence;
- Cocaine use may cause severe "mood swings" and irritability, paranoia, anxiety, depression, delusions, and psychosis;
- Cocaine increases your blood pressure and heart rate, and can lead to respiratory failure, lung disorders, irregular heartbeat, heart attack, and strokes;
- Fetal cocaine effects include premature separation of the placenta, spontaneous abortion, premature labor, low birth weight, greater chance of visual impairment, mental retardation, and developmental problems;
- For intravenous (IV) cocaine users, there is increased risk of hepatitis, HIV infection, and endocarditis.



Crack cocaine

Also known as: Freebase rocks, Rock

- Crack is almost instantly addictive, and one use could cause fatal heart attack;
- Repeated use may cause insomnia, hallucinations, seizures, paranoia, and psychosis;
- There are more hospitalizations per year resulting from crack and cocaine use than any other illicit substance.

Barbiturates

- Barbiturates are central nervous system depressants;
- Use may cause poor muscle control, slurred speech, appear drowsy or drunk, confusion, irritability, inattentive or slowed reactions, staggering gait, and altered perception;
- Doses taken in combination with other central nervous system depressants (e.g., alcohol) cause respiratory depression, coma and sometimes death.

Methamphetamine

Also known as: Meth, Crystal, Crank, Ice

- Methamphetamine is extremely addictive even after only one use;
- Can cause convulsions, heart irregularities, high blood pressure, depression, restlessness, tremors, severe fatigue;
- Prolonged use can lead to skin ulcerations and infection, paranoia, irritability, anxiety, blood vessel constriction, heart attack, and stroke;
- Use while pregnant can cause premature labor, detachment of the placenta, low birth weight, and possible neurological damage;
- Intravenous (IV) users are at high risk of AIDS/HIV, hepatitis, infections and sores at the injection site, and infection of the heart lining and valves (endocarditis).

Hallucinogens

Types Include: PCP, LSD, Mescaline, Peyote, Psilocybin

- One use of LSD or PCP can cause multiple and dramatic behavioral changes;
- Hallucinogens can result in increased body temperature and blood pressure, sleeplessness, appetite loss, and tremors;
- Prolonged use has been shown to cause anxiety, depression, panic attacks, paranoia, and psychotic behavior;
- Large doses of hallucinogens may cause convulsions, ruptured blood vessels in the brain and irreversible brain damage;
- Many hallucinogens cause unpleasant and potentially dangerous "flashbacks," long after the drug was used.

MDMA (3-4-Methylenedioxymethamphetamine)

Also known as: Ecstasy, E, X, XTC, Molly (in powder form)

- Synthetic chemical drug with effects similar to those of amphetamines and hallucinogens;
- Short-term effects include psychological difficulties including confusion, depression, sleep problems, severe anxiety, and paranoia, which occur during and even weeks after use;
- Physical problems that can occur are muscle tension, involuntary teeth clenching, nausea, blurred vision, rapid eye movement, fever, chills or sweating;
- Long Term Effects have been found to include memory loss and serotonin depletion which is a chemical in the brain that regulates mood, sleep habits, thought and behavior process, sexual function, and sensitivity to pain.

Opioids and Opiates

Types Include: Heroin, Codeine, Morphine, Opium, Fentanyl, Oxycodone

- Opiates are naturally occurring organic compounds while opioids are synthetically created;
- Very high level of physical and psychological dependence, where the body needs the narcotic to achieve a level of homeostasis or there is an overwhelming feeling to use the drug;
- Side effects include nausea, sedation, itching, chest pain, and can result in death
- Physical withdrawal from both opioids and opiates include severe back, abdominal, and joint pain, nausea, vomiting, intense drug craving, insomnia, extreme anxiety, and depression which can last an average of seven days
- Overdose can lead to blood clots, stroke, heart attack, respiratory paralysis, and death.



Recommendations for the Bergen County Community College Alcohol and Other Drug Abuse Prevention Program

It is recommended that the following be addressed for the subsequent review period:

- Consistent with the College's current policy review process, all college policies related to alcohol and drug use should be reviewed, revised, and updated at regular intervals.
- Revise the college website to include an extended section on the Bergen Community College Alcohol and Other Drug Abuse Prevention Program containing health risks associated with alcohol and other drug use and local, State, and Federal Laws
- Implement stronger programming throughout the semester to provide students with alternative activities to recreational alcohol consumption
- Strengthen relationship with the Bergen County Sheriff's Department educational outreach team for programming and community resources.
- Implement the SafeColleges online education training modules for all Faculty and Staff.
- Implement surveys and student focus groups to gain greater understanding about the needs of our student body
- Expand evaluation of the Bergen Community College Alcohol and Other Drug Abuse Prevention Program by polling student interest in programs and tracking attendance to verify effectiveness
- Create a campus survey to identify student trends and beliefs with an anonymous survey
- Increase drug and alcohol education programming to twice during the academic year within athletics and require each intercollegiate team perform community service programs on this subject matter
- Monitor distribution of policy and procedures to all student, faculty, and staff members to reasonably ensure timely delivery and receipt of required documentation
- Implement a survey of campus knowledge regarding policy and procedures
- Seek to expand funding to further support our efforts with the Bergen Community College Alcohol and Other Drug Abuse Prevention Program, possibly with grant money
- Continued maintenance of Bergen Community College websites to ensure that all links are up-to-date and that new ones are added to continue best practices
- Education and development programming for the faculty and staff to increase awareness and procedure of working with students who suffer from both alcohol and other drug issues as well as mental health issues
- Create a Bergen Community College alcohol and other drug free logo to be used on all advertisements for campus events for students, as a way of promoting and supporting healthy alternative programming