



Northwood Technical College  
Drug and Alcohol Abuse Prevention Program (DAAPP)  
Policy

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## FEDERAL TRAFFICKING PENALTIES – MARIJUANA

DRUG	QUANTITY	1st OFFENSE	2nd OFFENSE *
Marijuana (Schedule I)	1,000 kg or more marijuana mixture; or 1,000 or more marijuana plants	Not less than 10 yrs. or more than life. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than \$10 million if an individual, \$50 million if other than an individual.	Not less than 15 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$20 million if an individual, \$75 million if other than an individual.
Marijuana (Schedule I)	100 kg to 999 kg marijuana mixture; or 100 to 999 marijuana plants	Not less than 5 yrs. or more than 40 yrs. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than \$5 million if an individual, \$25 million if other than an individual.	Not less than 10 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$8 million if an individual, \$50 million if other than an individual.
Marijuana (Schedule I)	More than 10 kgs hashish; 50 to 99 kg marijuana mixture More than 1 kg of hashish oil; 50 to 99 marijuana plants	Not less than 20 yrs. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine \$1 million if an individual, \$5 million if other than an individual.	Not less than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if other than an individual.
Marijuana (Schedule I)	Less than 50 kg marijuana (except 50 or more marijuana plants regardless of weight);  1 to 49 marijuana plants;	Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual	Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual
Hashish (Schedule I)	10 kg or less	Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual.	Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual
Hashish Oil (Schedule I)	1 kg or less	Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual.	Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual

\*The minimum sentence for a violation after two or more prior convictions for a felony drug offense have become final is not less than 25 years imprisonment and a fine up to \$20 million if an individual and \$75 million if other than an individual.

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    The team will review the current goals for progress and develop new goals for the upcoming  
    biennium. Goal progress for the current biennium will be reported in the biennial report. In addition,  
    goals will be created for employees and students and reported in the biennial report..... 17

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## **INTRODUCTION**

The Wisconsin Legislature and the U.S. Congress have passed numerous laws, which require colleges and universities to provide written information about their policies regarding alcohol and drugs. Northwood Technical College, in keeping with the federal Drug-Free Workplace Act of 1988, the federal Drug-Free Schools and Communities Act (DFSCA) of 1989, state, local policies on alcohol and other drugs, has developed the Drug Abuse and Alcohol Prevention Program (DAAPP) policy.

## **RESPONSIBILITIES**

The development and continued update of the policy is the responsibility of the Northwood Tech Safety Office. It is the responsibility of all students, employees, and visitors to maintain a safe and supportive learning and working environment. Questions concerning any of the information contained in this document, the biennial report, and/or the Right to Know brochure should be directed to the Ellie Nelson, Safety and Compliance Coordinator, at Northwood Tech College, 1900 College Drive, Rice Lake, WI 54868, telephone 800/243-9482 OR 715/645.7051. Email: ellie.nelson@NorthwoodTech.edu. TTY: 711.

## **STANDARD OF CONDUCT FOR DRUGS AND ALCOHOL**

Northwood Tech believes the use and abuse of alcohol and other drugs interferes with a person's ability to learn and grow in the college environment. To that end, the College has established the following alcohol and drug policy for students, staff, and visitors, which can be found in the Student Handbook, the Right to Know brochure, and the General Employee Handbook.

- A. The possession, use, distribution, or sale of illegal drugs and alcohol by students and employees is prohibited at all Northwood Tech campuses and other instructional sites as well as at all Northwood Tech sponsored activities.
- B. The possession and/or use of any beverage containing alcohol, including beer and other malt beverages, wine, wine coolers or distilled beverages on college property is prohibited except when approved by the President or designee under very limited circumstances where use of alcoholic beverages is appropriate.
- C. The possession and/or use of alcohol as a part of any off-campus, College-sponsored activity without prior approval from the President (or designee) are prohibited. If alcoholic beverages are present with authorization at any Northwood Tech-sponsored activities, provisions must be made to accommodate any student under 21 years of age. All College-sponsored student activities (using tax dollars and/or activity fees) must be open to all students regardless of age.
- D. The consumption of alcoholic beverages is prohibited during the program/activity portion of any educational field trip or while in transit to/from the campus.
- E. The use of alcoholic beverages in any Northwood Tech Conference Center is not to be encouraged and will be authorized only in rare and unusual circumstances with the prior approval of both the local Campus Administrator and the President.
- F. The expenditure of student activity fees for alcoholic beverages is not allowed.
- G. The advertising of alcoholic beverages is prohibited on Northwood Tech property and in college publications. Advertising is defined as college sponsored paid or unpaid advertising, not to include personal artifacts/merchandise/clothing.
- H. Any student or employee who violates this policy while on Northwood Tech property, while at

other Northwood Tech instructional sites or while attending any Northwood Tech-sponsored activity may be asked to leave/be escorted from the premises and law enforcement personnel may be contacted.

- I. Students found in violation of this policy will be subject to disciplinary action which may include written reprimand, suspension, expulsion, and/or referral to law enforcement authorities. Violations of this policy by students will be subject to the student code of conduct process. Rehabilitation may be a condition for continued association with the College.
- J. Staff found in violation of this policy will be subject to disciplinary action, and penalties up to and including termination as outlined in the General Employee Handbook. Discipline taken could also include that the employee be required to satisfactorily participate in a drug abuse rehabilitation program, at their own expense, before being allowed to return to work.

### **STATE OF WISCONSIN LEGAL SANCTIONS**

Substantial restrictions against alcohol abuse exist in Wisconsin. It is against the law to possess or distribute alcohol to anyone who has not reached the legal drinking age of 21. There is a concurrent duty on the part of an adult to prevent the illegal consumption of alcohol on his/her premises, **Wis. Stats. 125.07**. Violation of this statute can result in a \$500 fine. It is against the law for an underage person to attempt to buy an alcoholic beverage, falsely represent his/her age or enter a licensed premise. Offenders can be fined \$500, ordered to participate in a supervised work program, and/or have their driver's license suspended. Harsher penalties exist for retailers of alcoholic beverages, including up to 90 days in jail and revocation of their retail liquor permit.

The laws of Wisconsin also prohibit drug possession and distribution through the **Uniform Controlled Substances Act, Wis. Stats. 961**, which mandates penalties of up to 30 years in prison and fines of up to \$1,000,000. A person with a first-time conviction for possession of a controlled substance can be sentenced up to one year in prison and fined up to \$5,000. Penalties vary according to the type and amount of drug confiscated, the number of previous offenses by the individual and whether the individual intended to manufacture, sell, or use the drug. In addition to the penalties for possession or delivery, sentences can be doubled when other offenses are involved, such as when a person distributes a controlled substance to a minor.

### **FEDERAL LEGAL SANCTIONS**

The federal government has recently revised the penalties against drug possession and trafficking through its Federal Sentencing Guidelines, which reduce the discretion that federal judges may use in sentencing offenders of federal drug statutes. Under these guidelines courts can sentence a person up to 6 years in prison for the unlawful possession of a controlled substance, including the distribution of a small amount (less than 250 grams) of marijuana. A sentence of life imprisonment can result from a conviction of possession of a controlled substance that results in death or bodily injury. Possession of more than 5 grams of cocaine can trigger intent to distribute penalty of 10-16 years in prison, **United States Sentencing Guidelines 202.1(b)(1)**.

See specific federal trafficking penalties listed on tables below.

## FEDERAL TRAFFICKING PENALTIES

DRUG/SCHEDULE	QUANTITY	PENALTIES	QUANTITY	PENALTIES		
Cocaine (Schedule II)	500–4999 grams mixture	<p><b>First Offense:</b> Not less than 5 yrs, and not more than 40 yrs. If death or serious injury, not less than 20 or more than life. Fine of not more than \$5 million if an individual, \$25 million if not an individual.</p> <p><b>Second Offense:</b> Not less than 10 yrs, and not more than life. If death or serious injury, life imprisonment.</p> <p>Fine of not more than \$8 million if an individual, \$50 million if not an individual.</p>	5 kgs or more mixture	<p><b>First Offense:</b> Not less than 10 yrs, and not more than life. If death or serious injury, not less than 20 or more than life. Fine of not more than \$10 million if an individual, \$50 million if not an individual.</p> <p><b>Second Offense:</b> Not less than 15 yrs, and not more than life. If death or serious injury, life imprisonment.</p> <p>Fine of not more than \$20 million if an individual, \$75 million if not an individual.</p> <p><b>2 or More Prior Offenses:</b> Not less than 25 years. Fine of not more than \$20 million if an individual, \$75 million if not an individual.</p>		
Cocaine Base (Schedule II)	28–279 grams mixture		280 grams or more mixture			
Fentanyl (Schedule II)	40–399 grams mixture		400 grams or more mixture			
Fentanyl Analogue (Schedule I)	10–99 grams mixture		100 grams or more mixture			
Heroin (Schedule I)	100–999 grams mixture		1 kg or more mixture			
LSD (Schedule I)	1–9 grams mixture		10 grams or more mixture			
Methamphetamine (Schedule II)	5–49 grams pure or 50–499 grams mixture		50 grams or more pure or 500 grams or more mixture			
PCP (Schedule II)	10–99 grams pure or 100–999 grams mixture		100 gm or more pure or 1 kg or more mixture			
<b>PENALTIES</b>						
Other Schedule I & II drugs (and any drug product containing Gamma Hydroxybutyric Acid)	Any amount		<p><b>First Offense:</b> Not more than 20 yrs. If death or serious injury, not less than 20 yrs, or more than life. Fine \$1 million if an individual, \$5 million if not an individual.</p> <p><b>Second Offense:</b> Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if not an individual.</p>			
Flunitrazepam (Schedule IV)	1 gram					
Other Schedule III drugs	Any amount	<p><b>First Offense:</b> Not more than 10 years. If death or serious injury, not more than 15 yrs. Fine not more than \$500,000 if an individual, \$2.5 million if not an individual.</p> <p><b>Second Offense:</b> Not more than 20 yrs. If death or serious injury, not more than 30 yrs. Fine not more than \$1 million if an individual, \$5 million if not an individual.</p>				
All other Schedule IV drugs	Any amount	<p><b>First Offense:</b> Not more than 5 yrs. Fine not more than \$250,000 if an individual, \$1 million if not an individual.</p> <p><b>Second Offense:</b> Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if other than an individual.</p>				
Flunitrazepam (Schedule IV)	Other than 1 gram or more					
All Schedule V drugs	Any amount	<p><b>First Offense:</b> Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual.</p> <p><b>Second Offense:</b> Not more than 4 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.</p>				

## FEDERAL TRAFFICKING PENALTIES—MARIJUANA

DRUG	QUANTITY	1st OFFENSE	2nd OFFENSE *
Marijuana (Schedule I)	1,000 kg or more marijuana mixture; or 1,000 or more marijuana plants	Not less than 10 yrs. or more than life. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than life. Fine not more than \$10 million if an individual, \$50 million if other than an individual.	Not less than 15 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$20 million if an individual, \$75 million if other than an individual.
Marijuana (Schedule I)	100 kg to 999 kg marijuana mixture; or 100 to 999 marijuana plants	Not less than 5 yrs. or more than 40 yrs. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than life. Fine not more than \$5 million if an individual, \$25 million if other than an individual.	Not less than 10 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$8 million if an individual, \$50 million if other than an individual.
Marijuana (Schedule I)	More than 10 kgs hashish; 50 to 99 kg marijuana mixture More than 1 kg of hashish oil; 50 to 99 marijuana plants	Not less than 20 yrs. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine \$1 million if an individual, \$5 million if other than an individual.	Not less than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if other than an individual.
Marijuana (Schedule I)	Less than 50 kg marijuana (except 50 or more marijuana plants regardless of weight);  1 to 49 marijuana plants;	Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual	Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual
Hashish (Schedule I)	10 kg or less	Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual.	Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual
Hashish Oil (Schedule I)	1 kg or less	Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual.	Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual

\*The minimum sentence for a violation after two or more prior convictions for a felony drug offense have become final is not less than 25 years imprisonment and a fine up to \$20 million if an individual and \$75 million if other than an individual.

### LOCAL ORDINANCE SANCTIONS

#### **Ashland Campus**

No local ordinances were found that supersede state sanctions. [Ashland, WI : Municipal Code](#)

#### **New Richmond Campus**

No local ordinances were found that supersede state sanctions. [City of New Richmond : Municipal Code](#)

#### **Rice Lake Campus**

No local ordinances were found that supersede state sanctions. [City of Rice Lake: Ordinances](#)

#### **Health Education Center, Shell Lake**

No local ordinances were found that supersede state sanctions. [Washburn County: Ordinances](#)



## **Superior Campus**

No local ordinances were found that supersede state sanctions. [Code of Ordinances | Superior, WI | Municode Library](#)

## **Balsam Lake Outreach Center**

[Chapter 157](#) Drugs, Articles 157-1 through 157-4.

A violation of § [157-3](#) shall be subject to the following forfeitures:

- (1) Possession of not more than 10 grams of any substance containing marijuana shall be subject to a forfeiture of not less than \$10 nor more than \$200, together with the costs of prosecution, the standard bond being \$100 plus costs.
- (2) Possession of more than 10 grams but less than 25 grams of a substance containing marijuana shall be subject to a forfeiture of not less than \$200 nor more than \$500, together with the costs of prosecution, the standard bond being \$200 plus costs.
- (3) Possession of not more than five grams of any substance containing cannabis shall be subject to a forfeiture of not less than \$10 nor more than \$200, together with the costs of prosecution, the standard bond being \$100 plus costs.
- (4) Possession of more than five grams but less than 25 grams of a substance containing cannabis shall be subject to a forfeiture of not less than \$200 nor more than \$500, together with the costs of prosecution, the standard bond being \$200 plus costs.
- (5) Possession of or production of any Cannabis Sativa L. plant shall be subject to a forfeiture of not less than \$100 nor more than \$500, together with the costs of prosecution, the standard bond being \$200 plus costs.

B. A person in default of payment of such forfeitures and costs of prosecution shall be imprisoned in the county jail until such forfeiture and costs of prosecution are paid, but not to exceed 90 days.

## **Hayward Outreach Center**

No local ordinances were found that supersede state sanctions. [City of Hayward: Ordinances](#)

## **Ladysmith Outreach Center**

No local ordinances were found that supersede state sanctions. [Code of Ordinances - City of Ladysmith, WI](#)

## **COLLEGE SANCTIONS**

### **Employees**

An employee found to be in violation of the Drug-Free Workplace policy and/or the Drug Abuse and Alcohol Prevention Program policy will be subject to discipline and penalties up to and including termination and referral to local law enforcement. Discipline taken could also include that the employee be required to satisfactorily participate in a drug abuse rehabilitation program, at their own expense, before being allowed to return to work. Disciplinary action will be taken as soon as is administratively possible from when Northwood Tech learns that a conviction or violation has occurred, however, a conviction is not required for the College to take appropriate disciplinary action.

### **Students**

Students found in violation of this policy will be subject to disciplinary action, which may include written

reprimand, suspension, expulsion, and/or referral to law enforcement authorities. Violations of this policy by students will be subject to the student code of conduct process. Rehabilitation may be a condition for continued association with the College.

The College may impose the following sanctions upon any student found to have violated the Student Code of Conduct:

1. **Warning:** Notice in writing to the student that the student has violated one or more of the Student Code of Conduct rules and regulations.
2. **Written Reprimand:** Written notice to be recorded in the student's disciplinary record documenting the student's violation of one or more of the Student Code of Conduct rules.
3. **Probation:** A written reprimand recorded in the student's disciplinary record for violation of specified regulations that includes placement of student on probation. Probation is for a designated period of time and includes the probability of more severe disciplinary sanctions if the student is found to violate any institutional regulation(s) during the probationary period.
4. **Social Probation:** Social probation is an official student status issued by the administration to censure serious infraction of school regulations. Students on social probation will not be permitted to hold any office in a school recognized organization and will be relegated to an inactive status in all school activities. Social probation status can be assigned to student organizations whose members violate College policies and conduct codes. School organizations on social probation will not be allowed to conduct business meetings and will not be allowed to function as an authorized organization while on social probation. Any conduct in violation of the Student Code of Conduct while currently on probationary status, may result in the imposition of a more serious disciplinary sanction.
5. **Discretionary Sanctions:** Work assignments, essays, service to the College, or other related discretionary assignments.
6. **Interim Suspension:** The immediate and temporary removal of the student from part or all of the campus following behaviors or threats which constitute an immediate danger to the physical safety and well-being of the student and/or any other campus or community members, destruction of property, or the substantial disruptions of classroom or campus activities. Action to immediately remove the student from the classroom (interim suspension) may be taken by the classroom faculty. Action to remove the student from all classrooms and the campus (campus interim suspension) may be taken only by deans, managers, campus administrator or the campus administrator's designee. At the time of the interim suspension directive, the student shall receive verbal and written notice of the pending charges against him/her.
  - a. During the interim suspension, the student may be denied access to the residence halls and/or to the campus (including classes) and/or all other College activities or privileges for which the student might otherwise be eligible, as the Dean of Students may determine to be appropriate.
  - b. The interim suspension does not replace the regular process, which shall proceed up to and through an investigation by the Dean of Students and determination of sanctions.
7. **Suspension:** Termination from classes and/or other privileges or activities for a period not to exceed the current term plus one full academic term. Suspension represents an official student status issued by the administration whereby the student is involuntarily removed from an activity and/or withdrawn from the College. When a student is suspended during a term, the student's tuition is forfeited. A student will be suspended for serious or repeated violations of school rules and regulations as defined in the Northwood Tech Student Code of Conduct. A

student may be prohibited from entrance to a Northwood Tech facility during this period. Conditions for readmission may be specified.

8. Voluntary Withdrawal Agreement: In certain cases where the student's behavior and continued enrollment may adversely affect his or her well-being, the College and the student may agree to discontinue the student's attendance at Northwood Tech for a specified amount of time and agree to conditions for readmittance to the College. In such instances, the Dean of Students and the student will sign a written withdrawal agreement detailing the terms and conditions of the withdrawal and readmission.
9. Expulsion: Expulsion represents an official student status whereby the student is involuntarily barred from the College and from all College facilities and College-sponsored events for a defined period not less than one academic term. The student will be expelled for serious or repeated violations of considerable magnitude of school rules and regulations as defined in the Northwood Tech Student Code of Conduct. When a student is expelled during a term, the student's tuition is forfeited. A student shall be prohibited from entrance to a Northwood Tech facility during the period of expulsion.
10. Restitution of Damages: When deemed appropriate, the Dean of Students may require restitution for damages done or other payment for expenses incurred as a result of the student's actions. Restitution may be required to the College, a specific department, or a specific individual. This may take the form of appropriate service and/or monetary or material replacement. Failure to comply may result in further sanctions.
11. Revocation of Admission and/or Degree: Admission to or a degree awarded from the College may be revoked for fraud, misrepresentation, or other violation of College standards in obtaining the degree, or for other serious violations committed by a student prior to graduation.
12. Withholding Degree: The College may withhold awarding a degree otherwise earned until the completion of the process set forth in this Student Code of Conduct, including the completion of all sanctions imposed, if any.
13. Readmission: A suspended or expelled student may not enroll in the College for the duration of the suspension or expulsion. In order to be re-enrolled, the student must formally reapply to the College and submit a written request to the Dean of Students.
14. Repeat Violations: In the case of repeated violations or violation in deliberate disregard of a specific warning, the student will be subject to more serious sanctions than would otherwise be the case. A prior disciplinary record is never relevant in determining the facts of an incident, but once the facts have been established, it may be relevant in determining the appropriate sanction.

## **HEALTH RISKS OF DRUG USE**

The information in this section is taken from the Drug Enforcement Administration and U.S. Department of Justice's 2022 publication "Drugs of Abuse. A DEA Resource Guide." Students and employees are strongly encouraged to review this publication for more detailed information regarding the health risks associated with alcohol and illicit drug use and abuse. The full publication is available online at: [Drugs of Abuse. A DEA Resource Guide](#)

The *Controlled Substances Act* (CSA) places all substances, which were in some manner regulated under existing federal law into one of five schedules. This placement is based upon the substance's accepted medical use, potential for abuse, and safety or dependence liability. A description of each schedule is included below:

### **Schedule I**

- The drug or other substance has a high potential for abuse.
- The drug or other substance has no currently accepted medical use in treatment in the United States.
- There is a lack of accepted safety for use of the drug or other substance under medical supervision.
- Examples of Schedule I substances include heroin, gamma hydroxybutyric acid (GHB), lysergic acid diethylamide (LSD), marijuana, and methaqualone.

### **Schedule II**

- The drug or other substance has a high potential for abuse.
- The drug or other substance has a currently accepted medical use in treatment in the United States or a currently accepted medical use with severe restrictions.
- Abuse of the drug or other substance may lead to severe psychological or physical dependence.
- Examples of Schedule II substances include morphine, phencyclidine (PCP), cocaine, methadone, hydrocodone, fentanyl, and methamphetamine.

### **Schedule III**

- The drug or other substance has less potential for abuse than the drugs or other substances in Schedules I and II.
- The drug or other substance has a currently accepted medical use in treatment in the United States.
- Abuse of the drug or other substance may lead to moderate or low physical dependence or high psychological dependence.
- Anabolic steroids, codeine products with aspirin or acetaminophen (Tylenol), and some barbiturates are examples of Schedule III substances.

### **Schedule IV**

- The drug or other substance has a low potential for abuse relative to the drugs or other substances in Schedule III.
- The drug or other substance has a currently accepted medical use in treatment in the United States.
- Abuse of the drug or other substance may lead to limited physical dependence or psychological dependence relative to the drugs or other substances in Schedule III.
- Examples of drugs included in Schedule IV are alprazolam, clonazepam, and diazepam.

### **Schedule V**

- The drug or other substance has a low potential for abuse relative to the drugs or other substances in Schedule IV.
- The drug or other substance has a currently accepted medical use in treatment in the United States.
- Abuse of the drug or other substances may lead to limited physical dependence or psychological dependence relative to the drugs or other substances in Schedule IV.
- Cough medicines with codeine are examples of Schedule V drugs.

The Controlled Substances Act (CSA) regulates five classes of drugs:

- Narcotics
- Depressants
- Stimulants
- Hallucinogens
- Anabolic Steroids

Each class has distinguishing properties, and drugs within each class often produce similar effects. However, all controlled substances, regardless of class, share a number of common features. This introduction will familiarize you with these shared features and provide some terms frequently associated with these drugs.

All controlled substances have abuse potential or are immediate precursors to substances with abuse potential. With the exception of anabolic steroids, controlled substances are abused to alter mood, thought, and feeling through their actions on the central nervous system (brain and spinal cord). Some of these drugs alleviate pain, anxiety, or depression. Some induce sleep and others energize.

Though some controlled substances are therapeutically useful, the “feel good” effects of these drugs contribute to their abuse. The extent to which a substance is reliably capable of producing intensely pleasurable feelings (euphoria) increases the likelihood of that substance being abused. Information from the National Institute on Drug Abuse describes the physical and psychological effects of drug abuse as follows:

**Cannabis (Marijuana, Hashish, and concentrates, Synthetics/K2/Spice)**

Psychologically and physically addictive. Effects include memory, perception, and coordination problems; immune system suppression; reproductive system irregularities; increased risk of lung cancer, bronchitis, and emphysema; elevated heart rate and blood pressure contributes to heart disease; withdrawal symptoms including insomnia, hyperactivity, agitation, hallucinations, and decreased appetite.

**Stimulants (Cocaine, Amphetamines, Methamphetamines, Synthetic Cathinone/Bath Salts)**

Psychologically and physically addictive; agitation, paranoia, insomnia, withdrawal symptoms, convulsions, increased blood pressure which can lead to irregular heartbeat, stroke, and death, possible damage to unborn fetus.

**Depressants (Barbiturates; Benzodiazepines: Valium, Xanax, Ativan; Sedatives: Ambien)**

Psychologically and physically addictive. Effects include drowsiness, confusion, amnesia, impaired coordination, withdrawal symptoms, tremors, abdominal and muscle cramps, insomnia, anxiety, convulsions, respiratory depression, heart rate and blood pressure changes, possible death; possible damage to unborn fetus; potentially fatal when combined with alcohol.

**Steroids (Anabolic Steroids: Testosterone, Trenbolone, Nandrolone, Oxandrolone)**

Psychologically and physically addictive. Effects include mood swings, agitation/aggression, withdrawal symptoms, severe depression, stroke, heart attack.

**Hallucinogens (LSD, PCP, Ecstasy/MDMA, Ketamine, Peyote and Mescaline, Psilocybin/Mushrooms)**

Psychologically addictive. Effects include unpredictable behavior, hallucinations, tremors, increased heart rate and blood pressure, muscle weakness, withdrawal symptoms, convulsions, death, possible damage to unborn fetus.

### **Inhalants (Glue, Gasoline, Paint, Aerosols, Cleaning Fluids)**

Psychologically and physically addictive. Effects include disorientation; irritability; muscle weakness; damage to lungs, liver, kidneys, and bone marrow; anemia; choking; suffocation; heart failure; death.

### **Narcotics (Heroin, Codeine, Morphine, Vicodin, Oxycodone, Methadone, Fentanyl)**

Psychologically and physically addictive. Effects include confusion, respiratory depression, withdrawal symptoms, convulsions, coma, death, possible damage to unborn fetus.

### **Tobacco/Nicotine (All Forms)**

Physically and psychologically addictive. Effects include withdrawal symptoms; increased blood pressure, respirations, and heart rate; increased risk of cancer, especially lung cancer when smoked and oral cancers when chewed; chronic bronchitis; emphysema; heart disease; leukemia; cataracts; pneumonia.

Other Health-Related Issues: Nicotine in teens can affect the development of brain circuits that control attention and learning. Tobacco product use while pregnant can lead to miscarriage, low birth weight, stillbirth, learning and behavior problems. Vaping products may be mixed with the filler Vitamin E acetate and other chemicals, leading to serious lung illnesses and deaths.

For further information on the health risks associated with drug use, please visit:

<https://nida.nih.gov/research-topics/commonly-used-drugs-charts>

## **HEALTH RISKS OF ALCOHOL ABUSE**

The consequences associated with alcohol abuse among college students are far reaching, affecting students, their families, and communities. Alcohol abuse can lead to injuries, unsafe sexual behavior, suicide attempts, and short and long-term health consequences (National Institute on Alcohol Abuse and Alcoholism, 2024).

The Centers for Disease Control and Prevention identifies the following short-term and long-term health risks related to alcohol use and abuse:

### **Short-Term Health Risks**

Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These are most often the result of binge drinking and include the following:

- Injuries, such as motor vehicle crashes, falls, drownings, and burns.
- Violence, including homicide, suicide, sexual assault, and intimate partner violence.
- Alcohol poisoning, a medical emergency that results from high blood alcohol levels.
- Risky sexual behaviors, including unprotected sex or sex with multiple partners. These behaviors can result in unintended pregnancy or sexually transmitted diseases, including HIV.
- Miscarriage and stillbirth or fetal alcohol spectrum disorders (FASDs) among pregnant women.

## **Long-Term Health Risks**

The Centers for Disease Control and Prevention (CDC) states that over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems including:

- High blood pressure, heart disease, stroke, liver disease, and digestive problems.
- Cancer of the breast, mouth, throat, esophagus, voice box, liver, colon, and rectum.
- Weakening of the Immune System, increasing the likelihood of illnesses
- Learning and memory problems, including dementia and poor school performance.
- Mental health problems, including depression and anxiety.
- Social problems, including family problems, work-related problems, and unemployment.
- Alcohol use disorders, or alcohol dependence.

By not drinking too much, you can reduce the risk of these short and long-term health risks.

Based on research conducted by the National Institute on Alcohol Abuse and Alcoholism, alcohol is psychologically and physically addictive; can lead to respiratory depression; depression of the immune system; increased risk of heart disease, cancer, accidents, hypertension; brain damage to unborn fetus; impotence at high dosage levels. Specific effects include:

**Brain:** The most dramatic and noticed effect alcohol has is on the brain. It produces lack of coordination, confusion, disorientation, stupor, anesthesia, coma, and finally death.

**Liver:** Alcohol inflames and destroys the cells of the liver. This condition prevents bile from being properly filtered through the liver. Jaundice develops, turning the whites of the eyes and the skin yellow.

**Heart:** Alcohol causes inflammation of the heart muscle.

**Pancreas:** Alcohol irritates the cells of the pancreas and can lead to acute hemorrhagic pancreatitis. Pancreatitis can destroy the pancreas and create a lack of insulin.

**Stomach and Intestines:** Alcohol also irritates the stomach's protective lining and can result in gastric or duodenal ulcers. In the small intestine, alcohol blocks absorption of substances such as thiamine, folic acid, vitamin B1, vitamin B12, and amino acids.

For further information on the health risks associated with alcohol use, please visit:

<https://www.niaaa.nih.gov/alcohol-health/alphabets-effects-body>

## **EDUCATIONAL CONSEQUENCES OF ALCOHOL AND OTHER DRUG ABUSE**

There are numerous educational consequences associated with alcohol and other drug abuse. According to the National Institute of Health, about 25 percent of college students report academic consequences of their drinking, including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades.

According to a 2019 report by the American Council for Trustees and Alumni and the University of Maryland Public School of Health, substance use issues contribute to academic disengagement and dropout rates amongst college students. The report also notes that there is a strong correlation between substance use issues and "diminished cognitive ability, critical thinking, academic performance, and with limited likelihood of employment post-college" (Arria and Wagley).

### **ADDITIONAL RESOURCES**

- [Alcohol Screening](#) – Generate personalized results based on your answers
- [College Drinking](#) – Resource for comprehensive research-based information on issues related to alcohol abuse and binge drinking among college students
- [National Institute on Alcohol Abuse and Alcoholism](#)
- [Physician's Desk Reference](#) – Resource for information on prescription and non-prescription medicines

### **ALCOHOL AND OTHER DRUG PROGRAMS AND RESOURCES**

#### **Employees**

Employee Assistance Program

[EAP Flyer.pdf](#) [EAP Flyer - HealthPartners.PDF](#)

Employees can also utilize the resources listed below for students.

#### **Students**

Local counseling, treatment, rehabilitation programs and services are available throughout each community. Northwood Tech does not provide these services. However, counselors, college health nurses and dean of students can refer students to these community resources. These staff are available at the four main campus locations and can be accessed by students from any location.

#### **Ashland (Hayward Outreach Center)**

Student Services 715.682.4591

Community resources are listed on the Northwood Tech website for self-service at the following link:

<https://www.northwoodtech.edu/currentstudents/ashland-counseling-resources>

#### **New Richmond (Balsam Lake Outreach Center)**

Student Services 715.246.6561

Community resources are listed on the Northwood Tech website for self-service at the following link:

<https://www.northwoodtech.edu/currentstudents/new-richmond-counseling-resources>

#### **Rice Lake (Ladysmith Outreach Center)**

Student Services 715.234.7082

Community resources are listed on the Northwood Tech website for self-service at the following link:

<https://www.northwoodtech.edu/currentstudents/ricelake-counseling-resources>



## **Superior**

Student Services 715.394.6677

Community resources are listed on the Northwood Tech website for self-service at the following link:

<https://www.northwoodtech.edu/currentstudents/superior-counseling-resources>

Students and employees are encouraged to access the Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Locator, a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems. To access this resource, visit

<https://findtreatment.samhsa.gov/locator/home>.

Students and employees seeking information regarding Self-Help, Peer Support, and Consumer Groups related to addiction (such as Alcoholics Anonymous, Narcotics Anonymous, Marijuana Anonymous, and others) are encouraged to visit <https://findtreatment.samhsa.gov/> for local resources.

## **PREVENTION PROGRAMS**

Various prevention programs are available at each of the four main campuses. These programs are provided through Student Life and Health Services. Examples may include: Alcohol Awareness program participation, tabling events, student newsletters, posters, information provided at resource fairs, AODA speakers and presentations.

## **DISTRIBUTION OF DRUG AND ALCOHOL ABUSE PREVENTION PROGRAM POLICY**

### **Employees**

The policy is referenced in the General Employee Handbook. The Handbook content is reviewed and released each February and September to all employees. The specific policies are reviewed for content on a five-year schedule and updates are made by the College Leadership Team and communicated to all staff via email. Employees also receive a copy of the welcome email sent to students with website links to the Your Right to Know brochure, the Drug and Alcohol Prevention Program policy, and the Biennial report.

### **Students**

All credit students enrolled in 1 or more credit bearing courses, regardless of the length of their program of study, will receive the Drug Abuse and Alcohol Prevention Program information. Persons enrolled in only classes offering non-credit CEUs are exempt.

At the start of each term students will receive a welcome email with a link to the Drug Abuse and Alcohol Prevention Program information and the Your Right to Know brochure. Students who attend New Student Orientation at term start will also receive a hard copy of the [Right to Know brochure](#). The Biennial report is also available on the Safety and Security website under Drug & Alcohol Prevention located at: <https://www.northwoodtech.edu/about/safety-and-security>

## **BIENNIAL REVIEW**

During the biennial review process, a team consisting of college health nurses, deans of students, human resources, safety and security, and college leadership will review the prevention and support goals to:

- determine the program’s effectiveness and implement changes to the program if the changes are needed
- determine the number of drug and alcohol-related violations and fatalities that
  - a) occur on the institution’s campus (as defined in the Clery Act), or as part of any of the institution’s activities; and
  - b) are reported to campus officials.
- modify and update the goals to reflect current needs

## **PREVENTION AND SUPPORT GOALS**

The team will review the current goals for progress and develop new goals for the upcoming biennium. Goal progress for the current biennium will be reported in the biennial report. In addition, goals will be created for employees and students and reported in the biennial report.

## **REFERENCES**

Arria, A., & Wagley, G. (2019). *Addressing college drinking and drug use*. American Council of Trustees and Alumni. <https://www.goacta.org/resource/addressing-college-drinking-and-drug-use/>

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