Drug and Alcohol Policies and Information
Drug-Free Schools and communities Act

The federal Drug-Free Schools and Communities Act Amendments of 1989 require that Denison University assume responsibility for the enforcement of state and local drug and alcohol laws, or risk losing federal funding for financial aid, faculty research, and other educational programs. As a requirement of these regulations Denison University is to disseminate and ensure receipt of the below policy/information to all students, staff, and faculty on an annual basis.

Section I ...................... Student Alcohol and Drug Policy
Section II ..................... Employee Alcohol and Drug Policies and sanctions
Section II ..................... Conduct Education and Sanctions for Students
Section IV .................... Alcohol and Health
Section V ...................... Alcohol, Drugs and the Law
Section VI ..................... Assessing for Substance Abuse and Dependence
Section VII ................... Low Risk Drinking Guidelines
Section VIII .................. Campus & Community Resources

We believe providing accurate information, maintaining a supportive community, and enforcing policies and laws to be the most effective method of addressing alcohol and drug use and abuse. Denison is committed to the health and safety of all students and employees and to an environment which promotes the academic mission of the University.

SECTION I
STUDENT ALCOHOL AND DRUG POLICY

As an academic community, Denison University is committed to providing an environment in which learning and scholarship can flourish. The possession or use of illegal drugs, or the abuse of those which may otherwise be legally possessed, seriously affects the University environment, as well as the individual potential of our students and staff. The University enforces state laws and related University policies.

As expressed in Denison’s Campus Compact, the University is a community where individuals respect one another and the environment. Students are expected to know and abide by all University policies and rules, which are in place to support the community’s shared values. It is the responsibility of individual students to review and understand the University’s expectations for participation in the community. Denison values the contribution of student groups to campus life and involvement and holds groups to high standards through formal recognition. Recognized groups’ leaders and members are expected to know and abide by the policies and rules of the University. When a group may be responsible for a violation of the Code of Student Conduct, the officers of the group may also be held individually accountable. Denison expects that students
who seek membership and participation in groups will do so only with those recognized by the University. Four themes serve as the foundation for Denison’s expectations and policies. Students are expected to:

- Protect the health, safety and well-being of the community
- Treat one another with respect
- Care for our campus environment
- Act with integrity, academically and socially

The policies and regulations that follow describe behaviors expected of all students and those things prohibited by the University. Protect the health, safety and well-being of the community

The following expectations are printed in the Denison University Code of Student Conduct (which can be downloaded at [http://denison.edu/forms/code-of-student-conduct](http://denison.edu/forms/code-of-student-conduct)) and refers to the use of alcohol by all students, including those of legal drinking age. The policy is as follows:

**Alcohol and Other Drug Use Policy**

Denison values an environment where students who choose to consume alcohol do so legally and responsibly. To that end, the University also supports alcohol-free living environments. Students are expected to abide by federal and Ohio State laws regarding the purchase, use, and distribution of alcohol and other drugs. The University must comply with local, state, and federal regulations regarding alcohol and other drugs and is required by the Drug Free Schools and Communities Act to hold students accountable for their alcohol and drug-related behavior. Impairment of a student’s judgment resulting from alcohol or other substance use shall not relieve a student of responsibility.

Alcoholic beverages may be possessed and consumed on campus, only by students and visitors of legal drinking age (21), and only in designated spaces. Designated spaces include residence hall rooms where the room occupant or his or her guest is 21, and other social spaces identified and approved by the University. All first-year student living environments are designated alcohol-free, which means that alcohol may neither be possessed nor consumed there, regardless of a person’s age or their relationship to the University. First-year student buildings include Shorney Hall, Smith Hall, Curtis East and West Halls, Morrow House and Beta House.

Students may host social events on campus that include alcohol in accordance with the Party Registration and Hosting Policy (“Hosting Policy”). A social event or party is defined as any gathering of fifteen (15) or more people in a space where alcohol is being consumed, and such events must be registered with the University. To be eligible to register an event, three registrants forming a Host Group must have completed the University’s Safe Host Training. The Host Group is expected to abide by all laws, and University policy, related to the serving and consumption of alcohol, and may be held individually and collectively responsible for behaviors that occur during the event, including behaviors of guests.

Denison expects that students who choose to consume alcohol will do so in safe, responsible ways. It is a violation of the Code to drink alcohol in a manner that impairs one’s physical health or safety. The University prohibits engagement in activities and drinking games, such as “beer pong,” that contribute to and promote high-risk drinking behavior. The use of bulk-source containers on campus is limited; kegs shall be permitted for registered social events and in accordance with expectations established in the Hosting Policy. Kegs are not permitted in any other spaces. The use of items like insulated coolers to dispense beverages such as beer or punch (e.g., “jungle juice”) is prohibited on campus. The possession or use of alcohol-related paraphernalia (e.g., beer funnels) is also prohibited, and such items will be confiscated. The possession or consumption of alcohol in common areas of University premises is not permitted.
The University takes seriously behavior under the influence of alcohol or other drugs that violates the rights of others or leads to disorderly or dangerous behavior. This includes behaviors such as driving a vehicle while impaired, damaging property, engaging in threatening or violent behavior, and failure to comply with directions. Such behavior is a serious violation of the Code and can result in outcomes including a student’s suspension or expulsion from Denison.

The University has in place a Medical Assistance (“MA”) Policy to honor its commitment to the safety of all members of the community. This policy encourages students, Host Groups, and student organizations to seek help for students they observe exhibiting signs of extreme intoxication or other dangerous conditions that may require medical intervention related to alcohol and other drugs. When a medical emergency occurs and an intoxicated student calls upon University or emergency personnel for help, or if another student calls on the intoxicated student’s behalf, MA will be applied. MA results in educational obligations in lieu of formal resolution, including no formal reporting of the incident on a student’s record. MA exempts a student from action related to possession and use of alcohol and other substances, though not from other connected policy violations that may take place. (For more information, log in to MyDenison under Campus Resources, Student Development, Medical Assistance.)

Students who possess or use illicit drugs including narcotics and other controlled substances are in violation of the Student Code. Possession of drug-related paraphernalia (including pipes, bongs, vaporizers, grinders, scales etc., whether used or not) also violates this policy. The manufacture, distribution, or sale of any narcotics or other controlled substances, or the receipt of narcotics through the mail, is a serious offense. Quantities of drugs that suggest the possibility of distribution may be construed as such. Such violations are likely to result in a student’s suspension or expulsion from the University.

The misuse of prescription medication can have serious medical and legal consequences. Prescription drug misuse is the intentional or unintentional use of medication without a prescription, in a manner or dose other than prescribed, taking someone else’s prescription, even if for a legitimate medical complaint, or for the experience or feeling it causes. Students who are prescribed controlled pharmaceutical medications are expected to use and store them appropriately. Any students found to be misusing or distributing their own prescribed medication, or possessing or using non-prescribed medications, shall be in violation of the Student Code. Such violations are also construed as serious offenses and may result in suspension or expulsion.

Additional information related to alcohol and other drug use can be found on the Denison website (see Drug and Alcohol Policies and Information).

Denison is a smoke-free environment. While students may choose to smoke cigarettes or tobacco, smoking is prohibited in any interior areas of the campus, including classrooms, labs, private offices, restrooms, hallways, dining rooms and residential facilities, including students’ assigned rooms.

**SECTION II**

**EMPLOYEE ALCOHOL AND DRUG POLICIES AND SANCTIONS**

It is the policy of Denison University that the unlawful manufacture, distribution, dispensation, possession or use of controlled substances by University employees (faculty, administrative staff, supportive operating staff, and student employees) in the University workplace facilities is prohibited. Additionally, students and employees of Denison are prohibited from the unlawful possession, use, or distribution of drugs and alcohol while on Denison property or as any part of its activities.
• It is a condition of University employment that each employee abides by the terms of the policy.

• Employees violating the policy will be subject to appropriate University disciplinary procedures and where appropriate, will be referred to local authorities.

• If an employee is directly engaged in the performance of work pursuant to the provisions of a Federal grant or contract, the employee must notify the Office of Human Resources of any criminal drug statute conviction for a violation occurring in the workplace no later than five (5) days after such conviction. The University will notify the appropriate granting or contracting agency within ten (10) days after receiving notice from the employee.

• Within 30 days of notification of a criminal drug statute conviction, the University will have the convicted employee undergo an assessment of drug use and/or addiction. Subsequently, the University will take appropriate personnel action on behalf of the employee, at a minimum requiring drug abuse education, additional assistance, or rehabilitation and (if the severity and/or repetition of convictions warrants it) actions consistent with existing policies, up to and including termination.

SECTION III
CONDUCT EDUCATION AND SANCTIONS FOR STUDENTS

Outcomes

Any student or campus organization determined to be responsible for violation of the Code of Student Conduct may expect to receive educational outcomes. Denison’s conflict resolution program is committed to restorative principles and strives, whenever possible, to design outcomes that address the needs of community members, educate the responsible student about their behavior, and create opportunities to redress harms and rebuild community. Educational outcomes may be applied singularly or in combination, influenced by mitigating and aggravating circumstances, and the frequency, severity, and community impact of violations. A student or organization that fails to fulfill an outcome may be subject to additional action and the escalation of outcomes, and can include suspension, delay of housing selection, registration, or graduation, because of that failure.

Educational outcomes include but are not limited to the following:

Letter of Warning. This is an official notice to the student who violated the Code of Student Conduct that further violation could result in additional disciplinary action.

Alcohol and Other Drug Education and Assessment. The University assigns several educational tools to address alcohol and other drug use, including but not limited to the BASICS (Brief Alcohol Screening and Intervention for College Students) program, eCheckUpToGo and other online training, and substance use assessments. These tools may include time with a wellness educator, questionnaires to identify health-related patterns, education, and reflection components to identify strategies to pursue wellness and decrease the likelihood of negative consequences associated with these behaviors. Some tools may have a user fee.

Educational Workshops. Educational workshops, including the Community Values Education Class, Marijuana Education Class, Fire Safety Class, and Traffic Safety Class, address and assess decision making and the connections between values, choices, and attainment of goals and a healthy future. Participation includes preparation assignments in advance of and a written assignment following the workshops.
Written Exercises. Research and reflective exercises address various violations, decision making, consequences, community influence, and repair.

Restorative Practices. Restorative practices are powerful in restoring trust and rebuilding community by addressing harm that has been caused. Some examples of restorative practices include written and verbal apologies, community service, and restitution. Community service is helpful to others, demonstrates social responsibility, and rebuilds trust through investment in the community. Students may be assigned to an on campus (e.g., DCA) or off-campus/community entity, and the service supervisor must provide documentation of the service to OCVCR via a signed document. When students are responsible for damages to property, restitution shall be paid to remit via Student Accounts appropriate costs for materials and labor.

Loss of Privileges. Students responsible for violations of the Code of Student Conduct may be denied specified privileges, such as loss of access to specific facilities or events, participation in recognized groups, driving privileges, party registration hosting, housing selection priority, and participation in Senior Week and Commencement activities.

Housing Reassignment. The University reserves the right to reassign a student to another residence hall and/or living space, especially when a student has caused significant community disruption or compromised the health and safety of others in a community.

Revocation or Deferral of Admission and/or Degree. Admission to or a degree awarded from Denison University may be revoked for fraud, misrepresentation, or other violation of Denison University standards in obtaining the degree, or for other serious violations committed by a student prior to graduation. Similarly, Denison reserves the right to delay conferral a student’s degree as an outcome.

The following disciplinary statuses may be imposed as an outcome:

Disciplinary Probation (“DP”). Disciplinary Probation status designates a period during which a student or organization is not in good standing with the University. When imposed, the University has the authority to declare the student or organization ineligible to represent Denison in any official capacity during the period of probation and may designate other loss of privileges (e.g. Party Registration Hosting, loss of housing selection status). While the student/organization may continue to participate in team practices, group meetings, etc., the student/organization is prohibited from holding office in a student organization, joining a fraternity or sorority, and representing the University, including through varsity athletic, club sport, or other competition. Students on DP may not participate in Off-Campus Studies programs. While on DP, students risk being suspended, or organizations dissolved, if further violations occur. Disciplinary Probation can be applied without further process when a sanction is overdue.

Deferred Suspension is the most serious consequence prior to suspension and allows a student to continue study on an interim basis through an academic term, generally followed by a period of suspension. While on this status, a student is not in good behavioral standing with the University and is ineligible to represent Denison in any official capacity, including by holding office in any student organization, joining a fraternity or sorority, and competing in varsity athletic, club, or other competition. Additionally, students on Deferred Suspension may not serve as members of a Host Group or participate in programs through the Office of Off-Campus Studies. Recognizing the seriousness of this status, responsibility for additional policy violations, including failure to complete sanctions, while on Deferred Suspension may result in immediate separation from the University.
Disciplinary Suspension. Disciplinary Suspension separates a student from the University community for a designated period, normally with educational requirements to complete during the period of separation, after which the student becomes eligible to return. Suspended students may not earn credits at the University, are prohibited from entering University premises, and may not participate in any University-sponsored activity without advance written authorization from the OCVCR or from the Dean of Students. Upon suspension, students must depart the premises immediately. Disciplinary suspension may include periods when the University is not in session (e.g., winter or summer break). A student may not graduate from Denison while serving a suspension. To be reinstated to the University, a student must meet all stipulated conditions to be completed during the suspension period.

Disciplinary Expulsion. This sanction permanently separates the student from the University. A student who is expelled may not earn any academic credit at Denison and may not graduate with a degree from the University. Expelled students are strictly prohibited from University premises and from participation or presence at any University-sponsored activity without advance authorization from the OCVCR or the Dean of Students.

Notification of Parents Regarding Drug and Alcohol Violations

In accordance with the Family Educational Rights and Privacy Act (FERPA), Denison University has the authority to disclose information to a parent or legal guardian of a student regarding any violation of federal, state or local law, or any rule or policy of Denison University governing the use or possession of alcohol or controlled substances. Notification shall occur when:

- The student is responsible for a pattern of alcohol violations, even when those infractions may be minor. Two or more incidents in which a student is responsible shall be reasonable cause for notification;
- The student receives a sanction of Disciplinary Probation, Disciplinary Suspension or Disciplinary Expulsion;
- The incident was determined to be life threatening to the student, threatening to the community, or resulted in the student becoming physically ill and/or requiring medical intervention or transport as a result of consumption of drugs or alcohol (even where Medical Amnesty is granted); and/or
- The student is responsible for any violation of the University’s policy regarding drugs.

The Office of Community Values and Conflict Resolution shall be responsible for notification. Notification shall be made to the primary parent or guardian listed with the University. Notification shall not occur until a decision about a student’s responsibility has become final. Unrelated to the FERPA, the University has the authority to contact parents or guardians during health and safety emergencies regardless of the age or tax dependency of the student.

SECTION IV
ALCOHOL, OTHER DRUGS AND HEALTH

When identifying the health risks associated with the use and abuse of alcohol and other drugs, one must consider both the short- and long-term effects. Risk factors also depend on many variables, including quantity and frequency, the health status of the person, and family history of abuse and dependency. Nearly all drugs have at least the potential for dependence.
To determine your personal risk for health-related problems or the potential of dependence, please contact a medical professional (on campus: Health Services X6200). The chart below provides more detail on some of the short- and long-term health effects of commonly abused substances:

### Health Risks of Commonly Abused Substances

<table>
<thead>
<tr>
<th>Substance</th>
<th>Nicknames/Slang Terms</th>
<th>Short Term Effects</th>
<th>Long Term Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td></td>
<td>slurred speech, drowsiness, headaches, impaired judgment, decreased perception and coordination, distorted vision and hearing, vomiting, breathing difficulties, unconsciousness, coma, blackouts, toxic psychosis, physical dependence, neurological and liver damage, fetal alcohol syndrome, vitamin B1 deficiency, sexual problems, cancer, physical dependence</td>
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<tr>
<td>Amphetamines</td>
<td>uppers, speed, meth, crack, crystal, ice, pep pills</td>
<td>increased heart rate, increased blood pressure, dry mouth, loss of appetite, restlessness, irritability, anxiety, delusions, hallucinations, heart problems, hypertension, irritability, insomnia, toxic psychosis, physical dependence</td>
<td></td>
</tr>
<tr>
<td>Barbiturates and Tranquilizers</td>
<td>barbs, bluebirds, blues, yellow jackets, red devils, roofies, rohypnol, ruffies, tranqs, mickey, flying v's</td>
<td>slurred speech, muscle relaxation, dizziness, decreased motor control symptoms, possible convulsions, toxic psychosis, depression, physical dependence</td>
<td></td>
</tr>
<tr>
<td>Cocaine</td>
<td>coke, cracks, snow, powder, blow, rock</td>
<td>loss of appetite, increased blood pressure and heart rate, contracted blood vessels, nausea, hyperstimulation anxiety, paranoia, increased hostility, increased rate of breathing, muscle spasms and convulsions, depression, weight loss, high blood pressure, seizure, heart attack, stroke, hypertension, hallucinations, psychosis, chronic cough, nasal passage injury, kidney, liver and lung damage</td>
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<tr>
<td></td>
<td></td>
<td>dilated pupils, disturbed sleep,</td>
<td></td>
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<tr>
<td>Drug</td>
<td>Common Names</td>
<td>Effects</td>
<td>Side Effects</td>
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<tr>
<td>Gamma Hydroxy Butyrate</td>
<td>GHB, liquid B, liquid X, liquid ecstasy, G, georgia homeboy, grievous bodily harm</td>
<td>euphoria, decreased inhibitions, drowsiness, sleep, decreased body temperature, decreased heart rate, decreased blood pressure</td>
<td>memory loss, depression, severe withdrawal symptoms, physical dependence, psychological dependence</td>
</tr>
<tr>
<td>Heroin</td>
<td>H, junk, smack, horse, skag</td>
<td>euphoria, flushing of the skin, dry mouth, “heavy” arms and legs, slowed breathing, muscular weakness</td>
<td>constipation, loss of appetite, lethargy, weakening of the immune system, respiratory (breathing) illnesses, muscular weakness, partial paralysis, coma, physical dependence, psychological dependence</td>
</tr>
<tr>
<td>Ketamine</td>
<td>K, super K, special K</td>
<td>dream-like states, hallucinations, impaired attention and memory, delirium, impaired motor function, high blood pressure, depression</td>
<td>Urinary tract and bladder problems, abdominal pain, major convulsions, muscle rigidity, increased confusion, increased depression, physical dependence, psychological dependence</td>
</tr>
<tr>
<td>LSD</td>
<td>acid, stamps, dots, blotter, A-bombs</td>
<td>dilated pupils, change in body temperature, blood pressure and heart rate, sweating, chills, loss of appetite, decreased sleep, tremors, changes in visual acuity, mood changes</td>
<td>may intensify existing psychosis, panic reactions, can interfere with psychological adjustment and social functioning, insomnia, physical dependence, psychological dependence</td>
</tr>
<tr>
<td>Drug Type</td>
<td>Common Names</td>
<td>Short Term Effects</td>
<td>Long Term Effects</td>
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<tr>
<td>MDMA</td>
<td>ecstasy, XTC, adam, X, rolls, pills</td>
<td>impaired judgment, confusion, confusion, blurred vision, teeth clenching, depression, anxiety, paranoia, sleep problems, muscle tension</td>
<td>same as LSD, sleeplessness, nausea, confusion, increased blood pressure, sweating, depression, anxiety, memory loss, kidney failure, cardiovascular problems, convulsions, death, physical dependence, psychological dependence</td>
</tr>
<tr>
<td>Marijuana/Cannabis</td>
<td>pot, grass, dope, weed, joint, bud, reefer, doobie, roach</td>
<td>sensory distortion, poor coordination of movement, slowed reaction time, panic, anxiety</td>
<td>bronchitis, conjunctivitis, lethargy, shortened attention span, suppressed immune system, personality changes, cancer, psychological dependence, physical dependence possible for some</td>
</tr>
<tr>
<td>Mescaline</td>
<td>peyote cactus</td>
<td>nausea, vomiting, anxiety, delirium, hallucinations, increased heart rate, blood pressure, and body temperature,</td>
<td>lasting physical and mental trauma, intensified existing psychosis, psychological dependence</td>
</tr>
<tr>
<td>Morphine/Opiates</td>
<td>M, morf, duramorph, Miss Emma, monkey, roxanol, white stuff</td>
<td>euphoria, increased body temperature, dry mouth, “heavy” feeling in arms and legs</td>
<td>constipation, loss of appetite, collapsed veins, heart infections, liver disease, depressed respiration, pneumonia and other pulmonary complications, physical dependence, psychological dependence</td>
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<tr>
<td><strong>PCP</strong></td>
<td>crystal, tea, angel dust, embalming fluid, killer weed, rocket fuel, supergrass, wack, ozone</td>
<td>shallow breathing, flushing, profuse sweating, numbness in arms and legs, decreased muscular coordination, nausea, vomiting, blurred vision, delusions, paranoia, disordered thinking</td>
<td>memory loss, difficulties with speech and thinking, depression, weight loss, psychotic behavior, violent acts, psychosis, physical dependence, psychological dependence</td>
</tr>
<tr>
<td><strong>Psilocybin</strong></td>
<td>mushrooms, magic mushrooms, shrooms, caps, psilocybin &amp; psilocyn</td>
<td>nausea, distorted perceptions, nervousness, paranoia,</td>
<td>confusion, memory loss, shortened attention span, flashbacks may intensify existing psychosis,</td>
</tr>
<tr>
<td><strong>Steroids</strong></td>
<td>steriods, juice</td>
<td>increased lean muscle mass, increased strength, acne, oily skin, excess hair growth, high blood pressure</td>
<td>Cholesterol imbalance, anger management problems, masculinization or women, breast enlargement in men, premature fusion of long bones preventing attainment of normal height, atrophy of reproductive organs, impotence, reduced fertility, stroke, hypertension, congestive heart failure, liver damage, psychological dependence</td>
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</table>
Some offenses, such as the selling or manufacturing of drugs, do carry significant penalties, and a person found guilty of such crimes faces felony charges and the possibility of incarceration.

The following is a brief synopsis of select laws. For detailed information on the laws of the State of Ohio, please consult the Ohio Revised Code: http://codes.ohio.gov/orc/

**Operating a Vehicle Under the Influence (OVI):** No person shall operate any vehicle if the person is under the influence of alcohol, a drug of abuse, or alcohol and a drug of abuse.

**Open Container:** Except where allowed by permit, no person shall have in their possession an opened container of beer or intoxicating liquor in any public place.

**Underage Consumption:** No person under the age of 21 years shall order, pay for, share the cost of, or attempt to purchase any beer or intoxicating liquor, or consume any beer or intoxicating liquor, either from a sealed or unsealed container or by the glass or by the drink, or possess any beer or intoxicating liquor in any public or private place.

**Misrepresentation (False ID):** No person shall knowingly furnish any false information as to the name, age, or other identification of any person under 21 years of age for the purpose of obtaining or with intent to obtain, beer or intoxicating liquor.

**Illegal Drugs:** Federal, state and local laws strictly prohibit the use, possession, and distribution of illicit drugs. Penalties vary depending on the specific drug and quantity involved.

### SECTION VI

**ASSESSING FOR SUBSTANCE ABUSE AND DEPENDENCE**

Below are definitions of and criteria for substance dependence and substance abuse. **If you are concerned about your drinking/using, please contact a professional. Resources are listed at the end of this brochure.**

**Criteria for Substance Abuse**

- Recurrent substance use resulting in a failure to fulfill major role obligations at work, school, or home (e.g., repeated absences or poor work performance related to substance use; substance-related absences, suspensions, or expulsion from school; neglect of children or household)
- Recurrent substance use in situations in which it is physically hazardous (e.g., driving an automobile or operating a machine when impaired by substance use)
- Recurrent substance-related legal problems (e.g., arrests for substance-related disorderly conduct) continued substance use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of the substance (e.g., arguments with spouse about consequences of intoxication, physical fights).

**Criteria for Substance Dependence (DSM-IV)**

A **maladaptive pattern of substance use**, leading to clinically significant impairment or distress, as manifested by three (or more) of the following, occurring at any time in the same 12-month period:

- Tolerance, as defined by either of the following:
• A need for markedly increased amounts of the substance to achieve intoxication or desired effect or
• Markedly diminished effect with continued use of the same amount of the substance
• Withdrawal symptoms
• The substance is often taken in larger amounts or over a longer period than was intended
• There is a persistent desire or unsuccessful efforts to cut down or control substance use
• A great deal of time is spent on activities necessary to obtain the substance (e.g., visiting multiple
doctors or driving long distances), use the substance (e.g., chain-smoking), or recover from its effects
• Important social, occupational, or recreational activities are given up or reduced because of substance
use
• The substance use is continued despite knowledge of having a persistent physical or psychological
problem that is likely to have been caused or exacerbated by the substance (e.g., current cocaine use
despite recognition of cocaine-induced depression, or continued drinking despite recognition that an
ulcer was made worse by alcohol consumption)

If you believe you meet criteria for alcohol abuse or dependence, you are encouraged to speak with a
professional. Resources are listed on page 11.

SECTION VII
GUIDELINES FOR LOW-RISK DRINKING

Every person of legal age who chooses to drink should be aware of three factors: (1) what s/he drinks, (2)
how much s/he drinks, and (3) how alcohol affects him/her. Guidelines differ for men and women.
According to the National Institutes of Health, men should have no more than 4 drinks on any one occasion,
and women should have no more than 3 drinks on any one occasion (niaaa.nih.gov). Although these are
low risk guidelines, “low-risk” does not mean no risk. Even within these limits, drinkers can still experience
problems. For more guidance on your personal level of risk associated with alcohol use, you should speak
with a medical professional. Additional resources are listed in the next section, entitled Campus and Community
Resources.

SECTION VIII
CAMPUS AND COMMUNITY RESOURCES

Anyone experiencing problems with their own or someone else’s use of alcohol/drugs should consult
available resources, both on campus and in the local area. An Employee Assistance Program is available for
all Denison employees. Students have several options through which they may seek assistance. Phone
numbers are listed below, and printed information is available in the The Wellness Center.

ON CAMPUS
For employees:
• Human Resources – 740-587-6299
• Cigna Employee Assistance Program: 1-800-538-3543 For students:
• The Wellness Center 740-587-6200
• Health and Wellness Coordinator –740-587-6385
• Campus Safety – 740-587-0810
• Residential Communities –740-587-6271
Alcohol and Other Drug Prevention and Education

Alcohol abuse among college students is a public health concern across the country. While this issue is not unique to Denison, the University remains concerned about the ways in which high risk drinking impacts the campus and surrounding Granville community. Denison recognizes that addressing the important issue of alcohol misuse should be a University-wide effort.

To address alcohol abuse on campus, Denison University observes the prevention framework recommended by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and the U.S. Department of Education’s, they have developed the CollegeAIM guide and website to help college personnel choose wisely among the many potential interventions to address harmful and underage college student drinking. This is your one-stop resource for comprehensive research-based information on issuers related to alcohol abuse and binge drinking among college students. The centerpiece of the guide is a user-friendly, matrix-based tool developed with input from leading college alcohol researchers, along with college student life and alcohol and other drug (AOD) program staff. With this “college alcohol intervention matrix”—or CollegeAIM tool—school officials can easily use research-based information to inform decisions about alcohol intervention strategies. These recommendations adhered to by Denison emphasize the importance of a broad, integrated approach to addressing alcohol use on campus, and are supported by a wide body of research. The main components of these recommendations include the following:

- **Individual-level strategies**: are designed to change the students’ knowledge, attitudes, and behaviors related to alcohol so that students drink less, take fewer risks, and experience fewer harmful consequences. Categories of individual-level interventions include education and awareness programs, cognitive-behavioral skills-based approaches, motivation and feedback-related approaches, and behavioral interventions by health professionals.

- **Environmental-level strategies**: are designed to change the campus and community environments in which student drinking occurs. Often, a major goal is to reduce the availability of alcohol, because research shows that reducing alcohol availability cuts consumption and harmful consequences on campuses as well as in the general population.
A mix of strategies and the greatest chance for creating a safer campus will likely come from a combination of individual- and environmental-level interventions that work together to maximize positive effects. Individual-level strategies generally aim to assist students identified as problem, at-risk, or alcohol dependent drinkers. It is important to engage these students as early as possible. Environmental strategies seek to affect the behavior of the overall student population by addressing the factors that accommodate or promote underage and high-risk drinking. Reducing the availability of alcohol in the broader campus and community environment, for example, can have wide-ranging positive effects for all students and the campus community. By adhering to research-based recommendations, Denison can ensure that alcohol abuse prevention efforts are comprehensive, effective, and utilizing multiple channels of intervention. More information about these recommendations can be accessed at www.collegedrinkingprevention.gov.

Education efforts related to substance use prevention are primarily housed in The Wellness Center with the Coordinator of Health and Wellness, whose mission is to empower Denison University students to develop healthy and responsible habits, attitudes, and lifestyles. The Coordinator of Health and Wellness offers alcohol and other health education programs for individual students and student groups, designs awareness campaigns during high risk times of the year, and convenes an AOD campus committee called DART (Drug & Alcohol Resource Team) that includes students, staff, faculty, and Granville Community representatives. Programs include, but are not limited to:

• BASICS (Brief Alcohol Screening and Intervention for College Students)
• Safe Host Training (co-coordinated by Residential Communities) moved to an online training
• Bystander Intervention Training
• Choices about Alcohol / Marijuana
• Alcohol E-Checkup To Go: http://interwork.sdsu.edu/echeckup/usa/alc/coll/denison
• Marijuana E-Checkup to Go: http://interwork.sdsu.edu/echeckup/usa/mj/coll/denison
• Everfi – Online Program for incoming first-years educating on alcohol, drugs and prescription medication use
• First Year Education programs, Safe Halloween and Safe Spring Break Campaigns and promotion
• Customized health education program requests

For more information, please contact the Coordinator of Health and Wellness at X6358.

How to Help a Friend or Family Member

If you are concerned about a friend or family member because of their drinking, learning about alcohol abuse and alcoholism is important. Many printed resources are available in the library and at the The Wellness Center.

One of the most important resources is Al-Anon, a confidential support group for friends and relatives whose lives are affected by someone’s drinking. For the days and times of the Al-Anon meeting held each week in Granville and the surrounding area, please contact the Coordinator of Health and Wellness.

If you want to talk to a person about his/her drinking, three simple steps can be followed:
• Express care and concern
• Describe the specific behaviors which led to your concern
• Make suggestions or recommendations
For example, you might say to the person, “I am concerned about you because I have noticed that sometimes when you drink you become loud and argumentative.” Or, “I am concerned about you because I notice that sometimes when you drink you miss work (or class).” Please realize that not always are such discussions fruitful, in fact, the person may become angry or deny a problem. It is important to keep in mind that the success of the discussion is that you shared your concerns, not that the person took action.

To speak with a professional about a friend or family member, employees should contact the Employee Assistance Program through the Human Resources Office, and students should contact The Wellness Center.

As stated in the introduction of this pamphlet, Denison is committed to the health and well-being of all members of our community. Every effort is made to provide necessary resources to assist students and employees.