



**Drug and Alcohol Abuse:  
Awareness and Prevention  
2025 Biennial Review**

**Updated August 2025**

## **Introduction to the 2025 Biennial Review**

In accordance with the Drug Free Schools and Community Act, this document serves as completion of the Biennial Review that must be completed every two years. This review will cover various topics such as an introduction to the University of Montevallo; an overview of Standards of Conduct and Enforcement; all applicable policies related to Alcohol or Other Drugs (AOD); a reference to federal, state, and local laws and ordinances; a summary of health risks associated with AOD substances; resources available to members of the campus community; a summary of prevention efforts; a summary of program review and future goals; and a breakdown of AOD cases and outcomes over the past two years.

In accordance with the Department of Education's Drug Free Schools and Campuses Regulations, this document will be distributed annually to each University of Montevallo student and employee in an effort to assist members of the University community in making informed choices about drug and alcohol use.

*Every effort has been made to ensure the accuracy of information presented in this document. This information is not legal advice nor is it intended to replace the guidance of a medical professional. Individuals are encouraged to consult other sources and professionals, and to seek appropriate legal advice when necessary.*

## **Introduction to the University of Montevallo**

The University of Montevallo was founded in October of 1896 as the Alabama Girls' Industrial School to some 150 young women from all parts of the state. In 1911 the University changed its name to Alabama Girls' Technical Institute, followed by the name change to Alabama College, State College for Women in 1923. In 1969, in order to reflect the changing atmosphere, the school changed its name to the University of Montevallo and its four distinct colleges (Arts & Sciences, Education, Business, and Fine Arts) were established.

Today, UM holds fast to the principles that it was founded upon and the mission that its always upheld. As Alabama's only public liberal arts university, UM takes pride in knowing that our curriculum is both challenging and affordable. And while UM offers degree programs in more than 70 academic disciplines, our student-to-faculty ratio is a mere 14-to-1.

(<https://www.montevallo.edu/about-um/history/>)

The University currently has an average enrollment of 2,600 students with an average freshmen class size of 500 students. The University consists of international students representing 19 different countries and is one of 30 public liberal arts colleges and universities in 28 states and 1 Canadian province. The University has five colleges with 35 degree programs, featuring approximately 75 majors and concentrations. The University has been accredited by the Southern Association of College and Schools Commission on Colleges since 1925.

(<https://www.montevallo.edu/about-um/facts-stats/>)

The University boasts 96 campus buildings, including 9 residence halls, and a National Historic District at the center of campus. The University is home to a 90,000 square-foot state-of-the-art Student Activity Center, the Alan and Lindsey Song Center for the Arts, and Stephens Hall, a new home for the Michael E. Stephens College of Business. (<https://www.montevallo.edu/about-um/facts-stats/>)

Over 90% of the University's faculty hold either a doctorate or terminal degree, and pride themselves with maintaining a high degree of student interaction as evident by the University's 14-1 student to faculty ratio. (<https://www.montevallo.edu/about-um/facts-stats/>)

The University continues to graduate high performing graduates and is proud of its 23,000 active alumni. (<https://www.montevallo.edu/about-um/facts-stats/>)

The University is home to engaged students who have access to over 90 student organizations. (<https://www.montevallo.edu/campus-life/student-life/>) Additionally, the University is home to 23 NCAA Division II athletic teams, and a multi-year national championship winning fishing team. (<https://www.montevallo.edu/about-um/facts-stats/>)

## **Standards of Conduct and Enforcement**

This section will include policies related to alcohol and other drugs on the University of Montevallo's Campus.

### **Policy 01:105**

#### **Illegal Drugs and Alcohol**

The University is committed to maintaining an environment that is free from illegal drugs and the abuse of alcohol, thus providing a drug-free workplace for its students, faculty and staff. The University complies with federal and state law in prohibiting the unlawful manufacture, distribution, dispensation, possession or use of illicit drugs and/or alcohol by students and employees on its property or as part of any of its activities. Accordingly, the University provides programs and services designed to prevent the illegal possession, use or distribution of illegal drugs and alcohol and the unauthorized use of legal drugs. As a condition of employment, all faculty and staff must abide by local, state and federal laws and must when required by law report to the University any conviction under a criminal alcohol drug statute no later than five days after the conviction. Any faculty or staff member found to be in violation of laws, regulations or University policies prohibiting the use or abuse of drugs or alcohol may be required to enter and progress successfully in a rehabilitation program. Failure to abide by applicable laws, regulations, or University requirements may result in immediate suspension or discharge and, if appropriate, prosecution, subject to the provision of such notice, hearing, and review procedures as may be available under applicable University handbooks.

The University believes that an effective drug education program aids in the prevention, education, counseling, intervention and treatment of unauthorized use of drugs and alcohol. To that end, faculty, staff and students are encouraged to participate in the various drug and alcohol awareness programs present on campus. A brochure listing campus and area resources for counseling and rehabilitation programs, along with a description of applicable legal sanctions under local, state or federal law, is available through the Health Center, Counseling and Career Center, and the Office of Human Resources

Alcoholic beverages may lawfully be consumed in selected approved areas on campus by individuals who are 21 years or older. Alcoholic beverages may also lawfully be consumed by individuals who are 21 years or older within the privacy of their residence hall rooms. Detailed guidelines and notification forms are available through the University Central Calendar Office.

<https://www.montevallo.edu/wp-content/uploads/2024/10/Policy-01.105-Illegal-Drugs-and-Alcohol.pdf>

### **Student Code of Conduct**

UM students are expected to adhere to the Student Code of Conduct regulations related to Alcohol and Drug use. Sanctions related to an alcohol and/or drug violation can range from a warning to expulsion from the University. The UM Student Code of Conduct regulations and procedures, in their entirety, can be found at <https://www.montevallo.edu/wp-content/uploads/2025/02/UM-Student-Code-of-Conduct-Updated-February-2025.pdf>.

Specifically, the following policies relating to Alcohol and Drugs can be viewed below:

B. Alcohol – The unlawful production, consumption, distribution, possession, provision or use of alcohol or alcohol paraphernalia, including the public drunkenness of students at least 21 years of age; any violation of University Policy 01:105.

H. Drugs and Paraphernalia – The unlawful creation, use, possession, or sale of any counterfeit, controlled, dangerous, illegal, prescription medications, including drug paraphernalia (pipes, bongs, etc.) or mind-altering drugs, including but not limited to Adderall, marijuana, crack, cocaine, ecstasy, meth, etc.; any violation of University Policy 01:105.

### **HRL Policies**

The following policies related to alcohol and drug use in the residence halls can be found in their entirety in the Residence Hall Handbook, which can be located here,

[https://www.montevallo.edu/wp-content/uploads/2025/07/25residenceHallHandbookFINAL\\_ADA-Updated-7.21.2025.pdf](https://www.montevallo.edu/wp-content/uploads/2025/07/25residenceHallHandbookFINAL_ADA-Updated-7.21.2025.pdf)

## **II. Respect for Health, Safety and Welfare**

### **(b) Alcohol and Illegal Drugs**

1. No persons under 21 years of age may consume alcohol beverages in the residence halls.
2. Students who publicly display signs of intoxication (e.g., glazed eyes, slurred speech, unsteady gait etc.) or students require staff assistance due to their consumption of alcohol will be subject to judicial action.
3. Possession of alcohol beverages and containers is not permitted in the residence halls by individuals under 21 years of age.
4. Residents 21 years and over are not permitted to consume or have open containers of alcohol in a common area (e.g., Hallways, lounges, kitchens, bathrooms or elevators). Open containers of alcohol should never be outside your apartment or building.
5. Decorative container collections (e.g., bottles, cans, bottle caps, etc.) are not permitted.
6. Possession or use of illegal drugs or drug paraphernalia are prohibited in the residence halls.
7. Kegs, beer balls, funnels, bongs and other devices that promote irresponsible drinking are not permitted in the residence halls.

### **Alcohol Policy**

1. The use of alcoholic beverages must comply with federal, state and local laws, including the regulations of the Alabama Beverage Control (ABC) Board. Use of alcoholic beverages must also comply with University regulations (see “The Fledgling”).
2. Alabama State Law prohibits the purchase, consumption or serving of beer, wine or distilled spirits by persons under the legal drinking age. It is also a violation of state law to purchase alcohol for, or serve alcohol to, persons under the legal drinking age. In Alabama, the legal drinking age is 21.
  - a. Alcoholic beverages may not be consumed or served in public areas of Housing. Public areas are generally defined as hallways, stairwells, entrance ways, lobby

- areas, lunges, recreation areas or outside areas such as parking areas or sidewalks on University property.
- b. Alcohol beverages may be possessed and consumed by a person of legal age inside the resident's apartment.
  - c. Kegs or similar containers are prohibited. Containers larger than individual bottles or cans are not permitted at any time. Beerballs, funnels, bongs and other devices that promote irresponsible drinking or illegal drugs are not permitted in the residence halls.
  - d. Decorative container collections (e.g. bottles, cans, bottle caps, etc.) are not permitted.
  - e. Students who publicly display signs of intoxication (e.g., glazed eyes, slurred speech, unsteady gait, etc.) or students who require staff assistance due to their consumption of alcohol shall be subject to judicial actions.
3. Violations of the law or failure to comply with the policies presented in this document will result in civil and/or University action.

### **RSO Policies**

The following policies related to alcohol and drug use for Registered Student Organizations can be found in their entirety in the Fledgling, which can be located here,

[https://www.montevallo.edu/wp-content/uploads/2025/08/25fledglingFINAL\\_ADA.pdf](https://www.montevallo.edu/wp-content/uploads/2025/08/25fledglingFINAL_ADA.pdf)

### **Off-Campus Events and Alcohol Policies**

1. All on and off-campus organization functions must be registered and approved by the Student Life Office at least one week before the date of the event.
2. Student Organizations or groups will assume complete responsibility for off-campus activities including the conduct of any and all participants attending such functions.
3. All Organizations scheduling off-campus activities where alcohol will be present must abide by the following guidelines:
  - a. The possession, use and/or consumption of alcohol beverages must be in compliance with any and all federal, state and local laws
  - b. No alcoholic beverages may be purchased through the organization's treasury, nor may the purchase of alcohol beverages for members or guests be undertaken or coordinated by any member in the name of or on behalf of the chapter, including funds pooled by members or guests (e.g., admissions fees, cover fees, collecting funds through digital apps, etc.).
  - c. At all organization parties at which alcohol is present, alcoholic beverages must either be:
    - i. Provided and sold on a per-drink basis by a licensed and insured third-party vendor (e.g., restaurant, bar, caterer, etc.); or
    - ii. Brought by individual members and guests through a bring your own beverage ("BYOB") system. The presence of alcohol products above 15% alcohol by volume ("AB") is prohibited on any chapter/organization premises or at any event, except when served by a licensed and insured third-party vendor.

- d. No alcoholic beverages of bulk form (keg, punch, et.) may be purchased or used. Providing a common source of alcohol of any kind implies that it is provided by or on behalf of the organization.
  - e. No members, collectively or individually, shall purchase for, serve to or sell alcoholic beverages to any minor.
  - f. The possession, sale, and/or use of any illegal drugs or controlled substances is strictly prohibited.
  - g. No organization may co-host or co-sponsor an event with a bar, event promoter or alcohol distributor or charitable organization where alcohol is given away, sold or otherwise provided to those present. However, an organization may rent a bar, restaurant or other licensed and insured third-party vendor to host a closed organization event.
  - h. No organization may co-sponsor or co-finance a function where alcohol is purchased by any of the host groups or organizations.
  - i. OPEN PARTIES where alcohol is present shall be prohibited. Attendance by non-members at any event where alcohol is present must be by invitation only, and the chapter/organization must utilize a guest list system. Attendance at events with alcohol is limited to a 3:1 maximum guest-to-member ratio and must not exceed local fire or building code capacity of the chapter/organizational premises or host venue. Such events should be registered with “Organization Only” visibility on Falcon Link. There shall be no advertising for such event.
  - j. No member shall permit, tolerate, encourage or participate in drinking games. The definition of drinking games includes but is not limited to, the consumption of shots of alcohol, liquor or alcohol beverages, the practice of consuming shots equating to one’s age, “beer pong,” “century club,” “dares” or any other activity involving the consumption of alcohol which involves duress or encouragement related to the consumption of alcohol.
  - k. The University strongly encourages hiring of security personnel at any event where alcohol is present.
  - l. No alcohol or illegal substances should be present at any pledge/associate member/new member/novice program, activity or ritual of the chapter. This includes but is not limited to activities associated with “bid night,” “big brother/little brother” events or activities, “big sister/little sister” events or activities, “family” events or activities and initiation.
4. Student organizations are not permitted to hold on-campus or off-campus activities, meetings or events of any kind the last two class day of the semester through the last day of final exams.

### **Employee Policies**

The following policies related to alcohol and drug use for Staff can be found in their entirety in the Staff Handbook which can be located here, <https://www.montevallo.edu/wp-content/uploads/2025/05/Staff-Handbook-BOT-Approved8.7.2020.pdf>:

### **7.01 Alcohol and Drugs**

The University is committed to maintaining an environment that is free from illegal drugs and the abuse of alcohol, thus providing a drug-free workplace for its student, faculty and staff (Refer to Policy 01:105)

The following policies related to alcohol and drug use for Faculty can be found in their entirety in the Faculty Handbook which can be located here, <https://www.montevallo.edu/wp-content/uploads/2025/08/Section-8-General-Information-2025-2026.pdf>:

### **8.01 Alcohol and Drugs**

The University is committed to maintaining an environment that is free from illegal drugs and the abuse of alcohol, thus providing a drug-free workplace for its students, faculty and staff. (Refer to Policy 1:105)

## **Athletic Drug Testing Policy**

The following policy related to drug testing for Student Athletes can be found in their entirety in the Student Athlete Handbook which can be located here, [https://montevallofalcons.com/documents/2024/1/24/2023-24\\_Adopted\\_UM\\_SA\\_HANDBOOK.pdf](https://montevallofalcons.com/documents/2024/1/24/2023-24_Adopted_UM_SA_HANDBOOK.pdf)

### **14.1.4 Drug-Testing Consent Form**

Each academic year, a student-athlete shall sign a form prescribed by the Management Council in which the student-athlete consents to be tested for the use of drugs prohibited by NCAA legislation. Failure to complete and sign the consent form before practice or competition, or before the Monday of the fourth week of classes, whichever is earlier, shall result in the student-athlete's ineligibility for participation (i.e., practice and competition) in all intercollegiate athletics. Violations of this bylaw do not affect a student-athlete's eligibility if the violation occurred due to an institutional administrative error or oversight, and the student-athlete subsequently signs the form; however, the violation shall be considered an institution violation per Constitution 2.8.1.

Drug Testing Student-athletes are required to consent in writing to drug testing under the terms of NCAA policy on drug testing, as a condition of the privilege of participating in intercollegiate sports. Failure to provide such consent shall result in immediate suspension and possible permanent expulsion from the team.

## Information on Legal Sanctions Regarding Unlawful Use, Possession, or Distribution of Alcoholic Beverages and Illicit Drugs

### **A. State of Alabama Laws and Sanctions**

The information presented below refers to drug “Schedules” which make reference to the authorization by the Alabama State Legislature for the Alabama State Board of Health to classify drugs in terms of their potential for abuse and/or their current usage in medical treatment. Schedule I substances consist primarily of “street drugs” and “controlled substance analogs” which have a high potential for abuse, including heroin, morphine, marijuana, LSD, Mescaline, and psilocybin. Schedule II substances include controlled substances such as opium, cocaine, and methadone. Schedule III drugs include those which have less potential for abuse than Schedule I or II; those substances with decreasing potential for abuse are included in Schedules IV and V. The Schedules may be found in the Code of Alabama 1975, Section 20-2-20, et. seq. Alabama laws related to the illicit possession, use, and distribution of alcoholic beverages or drugs, and the possible legal penalties for violation of these laws include, but are not limited to:

- 1. Public intoxication** – up to 30 days in jail and/or a fine up to \$200 (Code of Alabama 13A-5-7, 13A-5-12, 13A-11-10);
- 2. Purchase, possession, consumption, or transportation of alcoholic beverages by a person less than 21 years of age** – a fine ranging from \$25 to \$100 and/or up to 30 days in jail (Code of Alabama 28-1-5);
- 3. Possession or distribution of an alcoholic beverage in a dry county** – a fine ranging from \$50 to \$500 and, at the judge’s discretion, a jail sentence of up to 6 months (Code of Alabama 28-4-20, et. seq.);
- 4. Possession of an alcoholic beverage illegally manufactured or illegally brought into the State of Alabama** – a fine ranging from \$100 to \$1,000 and, at the judge’s discretion, a jail sentence of up to 6 months (Code of Alabama 28-1-1, 28-3A-25);
- 5. Driving or being in actual physical control of a vehicle while under the influence of alcohol or other drugs** – on the first conviction, a fine ranging from \$600 to \$2100 and/or one year in jail plus suspension of driver’s license for 90 days (Code of Alabama 32-5A-191);
- 6. Possession of marijuana, salvia divinorum, or salvinorum A for personal use** – a fine up to \$6,000 and/or a jail sentence of up to one year (Code of Alabama 13A-5-7, 13A-5-12, 13A-12-214, 13A-12-214.1);
- 7. Possession of marijuana salvia divinorum, or salvinorum A for other than personal use** – a fine up to \$15,000 and a prison sentence of not more than 10 years (Code of Alabama 13A-5-6, 13A-5-11, 13A-12-213, 13A-12-214.1);

**8. Unlawful distribution or possession with intent to distribute of a controlled substance listed in Schedules I-V** – a fine up to \$30,000 and/or a prison sentence of not more than 20 years (Code of Alabama 13A-5-6, 13A-5-11, 13A-12-211);

**9. The selling, furnishing or giving of any controlled substance listed in Schedules I-V by a person 18 years or older to a person under 18 years of age** – a fine up to \$60,000 and/or a prison sentence for life, or not less than 10 years but no more than 99 years (Code of Alabama 13A-5-6, 13A-5-11, 13A-12-215);

**10. Possession of a controlled substance enumerated in Schedule I-V** – a fine of not more than \$15,000 and/or a prison sentence of not more than 10 years (Code of Alabama 13A-5-6, 13A-5-11, 13A-12-212);

**11. Conviction for an unlawful sale of a controlled substance on or within a three-mile radius of an educational institution** – in addition to any other penalties provided by law, an additional penalty of 5 years of imprisonment with no provision for probation (Code of Alabama 13A-12-250);

**12. The use, or possession with intent to use, of drug paraphernalia** – a fine of up to \$6,000 and/or up to one year in jail (Code of Alabama 13A-5-7, 13A-5-12, 13A-12-260);

**13. The sale, delivery of, or possession with the intent to sell or deliver drug paraphernalia** – a fine of up to \$15,000 and/or a prison sentence of not more than 10 years. If the delivery or sale is by a person 18 years or older to a person under 18 years of age, a fine of up to \$30,000 and/or a prison sentence of up to 20 years (Code of Alabama 13A-5-6, 13A-5-11, 13A-12-260).

Penalties for subsequent violations and convictions of the above are progressively more severe than for initial convictions.

#### **B. Federal Laws and Sanctions Related to Controlled Substances**

In a manner similar to the Code of Alabama, Title 21 of the United States Code, Section 812 (21 U.S.C. 812) establishes, and authorizes the U.S. Attorney General to revise as needed, classifications of controlled substances. Substances are classified in one or more of five “Schedules,” where Schedule I are substances often considered “street drugs” with a high potential for abuse, while Schedule V are substances considered to have a low potential for abuse when compared with substances in Schedules I – IV.

21 U.S.C. 841 makes it unlawful (a) to manufacture, distribute, or dispense, or possess with intent to manufacture, distribute, or dispense, a controlled substance; or (b) to create, distribute, or dispense, or possess with intent to distribute or dispense, a counterfeit substance. As specified in the provisions of 21 U.S.C. 841, the minimum penalties for the conviction of an individual in a first-offense violation of (a) or (b) are:

**C. Schedule I or II substance** – a fine not to exceed \$1,000,000 and/or a term of imprisonment of not more than 20 years;

**2. Schedule III substance** – a fine not to exceed \$500,000 and/or a term of imprisonment of not more than 15 years;

**C. Schedule IV substance** – a fine not to exceed \$250,000 and/or a term of imprisonment of not more than 5 years;

**4. Schedule V substance** – a fine not to exceed \$100,000 and/or a term of imprisonment of not more than one year. Notwithstanding the above, the distribution of a small amount of marijuana for no remuneration is punishable by imprisonment of not more than one year and/or other penalties under Title 18 of the United States Code. In addition, 21 U.S.C. 843 makes it unlawful for any person knowingly or intentionally to acquire or obtain possession of a controlled substance by misrepresentation, fraud, forgery, deception, or subterfuge. Penalties for the conviction for a first offense violation include a term of imprisonment of not more than 4 years and/or other penalties under Title 18 of the United States Code. Penalties for subsequent violations and convictions of the above are progressively more severe than for initial convictions.

### **C. Local Ordinances**

Local authorities abide by state and federal laws concerning unlawful possession, use, and distribution of alcoholic beverages and drugs.

#### **Sec. 16-1 – Violations of state law declared to be offenses against the city.**

- (a) Any person, firm, or corporation committing an offense within the city limits which is declared by a law of the state other than Code of Alabama 1975, §§ 13A-11-160 to 13A-11-164 or 13A-13-2 or the United States of America, now existing or hereafter enacted, to be a misdemeanor, violation, or offense other than a felony, shall be guilty of an offense against the city and may be punished as provided by this Code.
- (b) Any person or corporation committing an offense within the corporate limits of the city or within the police jurisdiction thereof, which is declared by a law of the state now or hereafter enacted to be a misdemeanor, shall be guilty of an offense against the city.
- (c) Any person or corporation committing an offense within the corporate limits of the city or within the police jurisdiction thereof, which is declared by a law of the state now existing or hereafter enacted to be a violation, shall be guilty of an offense against the city.

#### **Sec. 16-2 – Unlawful possession**

Any person who possess any marijuana for his personal use only, for the first offense is guilty of an offense against the city and shall be fined a minimum of \$250.00, in addition to other penalties imposed at the discretion of the court.

## **Health Risks Associated with Use and Abuse of Drugs or Alcohol**

The following is a summary of information on some of the effects, symptoms, and health risks associated with commonly abused substances. It is not intended to be the final word on the types of substances being abused since new drugs and drug use trends are constantly emerging. In addition, the scientific and medical communities continue to research health risks associated with the use and abuse of drugs or alcohol.

### **Marijuana**

Marijuana is a dry, shredded green and brown mix of leaves, flowers, stems and seeds from the hemp plant *Cannabis sativa*. In a more concentrated form is it known as hashish, and as sticky black liquid, hashish oil. The main psychoactive (mind-altering) chemical in marijuana is tetrahydrocannabinol (THC).

According to the National Institute on Drug Abuse, as of December 2012 marijuana was the most common illicit drug used in the United States.

Regularly observed physical effects of marijuana are a substantial increase in heart rate, bloodshot eyes, dry mouth and throat, and increased appetite. Marijuana use can have a variety of adverse short- and long-term effects, especially on cardiopulmonary and mental health. Use of marijuana may impair or reduce short-term memory and comprehension, alter sense of time, and reduce ability to perform tasks requiring concentration and coordination, such as driving. Research has shown that, in chronic users, marijuana's adverse impact on learning and memory persists after the acute effects of the drug wear off; when marijuana use begins in adolescence, the effects may persist for many years. Motivation and cognition may be altered, making the acquisition of new information difficult. Contrary to common belief, marijuana is addictive. Estimates from research suggest that about 9 percent of users become addicted to marijuana; this number increases among those who start young (to about 17 percent, or 1 in 6) and among daily users (to 25-50 percent).

### **Cocaine**

Cocaine is a powerfully addictive stimulant drug made from the leaves of the coca plant native to South America. Cocaine may be used in powder form and inhaled through the nose, dissolved in water and injected, or smoked when processed to form a rock crystal, often known as "crack" or freebase cocaine.

Cocaine stimulates the central nervous system. Its immediate effects include dilated pupils and elevated blood pressure, heart rate, respiratory rate, and body temperature. Occasional use can cause a stuffy or runny nose, while chronic use can ulcerate the mucus membranes of the nose. Injecting cocaine with unsterile equipment leads to risk of contracting HIV, hepatitis C, and other blood-borne diseases.

Cocaine can produce psychological and physical dependency, a feeling that the user cannot function without the drug. In addition, tolerance develops rapidly. Crack or freebase cocaine is extremely addictive, since its effects are felt more rapidly but for a shorter time. The health and physical risks of cocaine use include elevated blood pressure, insomnia, loss of appetite, tactile

hallucinations, paranoia, and seizures. Cocaine use can cause death by disrupting the brain's control of the heart and respiration, leading to cardiac and respiratory arrest.

### **Methamphetamine and Other Stimulants**

Stimulants may include amphetamines, methamphetamine, phenmetrazine (Preludin), methylphenidate (Ritalin), and appetite suppressant (anorectic) drugs such as phentermine. Stimulants can cause increased heart and respiratory rates, elevated blood pressure, dilated pupils, and decreased appetite. In addition, users may experience sweating, headache, blurred vision, dizziness, sleeplessness, and anxiety. Extremely high doses can cause a rapid or irregular heartbeat, tremors, loss of coordination, and even physical collapse.

In particular, methamphetamine is generally a white crystalline powder that dissolves in water or alcohol and is taken orally, inhaled through the nose, by injection, or by smoking. Most of the methamphetamine abused in the United States comes from foreign or domestic "superlabs", although it is also made in small, illegal "labs". Production of the drug in these small labs often endangers the people producing the drug, neighbors and the surrounding community, and the environment.

Long-term methamphetamine abuse has many negative health consequences, including addiction, extreme weight loss, severe dental problems ("meth mouth"), anxiety, confusion, insomnia, mood disturbances, and violent behavior. Chronic methamphetamine abusers can also display a number of psychotic features, including paranoia, visual and auditory hallucinations, and delusions (for example, the sensation of insects crawling under the skin). Research indicates that chronic abuse significantly changes how the brain functions and can lead to a reduction in motor skills and impairment of verbal learning.

### **Heroin**

Heroin is an opioid drug that is synthesized from morphine, a naturally occurring substance extracted from the seed pod of the Asian opium poppy plant. Heroin usually appears as a white or brown powder or as a black sticky substance ("black tar heroin"). Heroin can be injected, inhaled by snorting or sniffing, or smoked. Heroin abuse is associated with a number of serious health conditions, including fatal overdose, spontaneous abortion, and infectious diseases like hepatitis and HIV for people who inject the drug. Chronic users may develop collapsed veins, infection of the heart lining and valves, abscesses, constipation and gastrointestinal cramping, and liver or kidney disease. Pulmonary complications, including various types of pneumonia, may result from the poor health of the user as well as from heroin's effects on breathing. Research shows that regular heroin use changes the functioning of the brain. One result is tolerance, in which more of the drug is needed to achieve the same intensity of effect. Another result is dependence, characterized by the need to continue use of the drug to avoid withdrawal symptoms.

### **Hallucinogens**

Hallucinogenic compounds are often found in plants and mushrooms or their extracts, and include LSD (d-lysergic acid diethylamide), PCP (phencyclidine), peyote (mescaline), and psilocybin. LSD is usually taken orally and is frequently found in tablets, capsules, or added to absorbent paper. The effects on

people who take it vary, but generally include dramatic emotional swings, and, in larger doses, delusions and visual hallucinations. LSD users can also experience flashbacks, or recurrences of certain aspects of the drug experience. Flashbacks occur suddenly, often without warning, and may do so within a few days or more than a year after LSD use. Physical effects may include dilated pupils, elevated body temperature, increased heart rate and blood pressure, loss of appetite, sleeplessness, and tremors.

While prolonged use of LSD can produce tolerance, LSD is not generally considered an addictive drug since most users voluntarily stop its use over time. PCP is a white crystalline powder, but is frequently sold illegally as a tablet, capsule, or dyed powder that is orally ingested, inhaled by snorting, or smoked. For smoking, PCP is often applied to a leafy material such as mint, parsley, oregano, or marijuana. The effects of PCP on users include delusions, hallucinations, paranoia, mood disturbances, memory loss, and difficulties with speech and thought. Physical effects may include elevated breathing rate, shallow breathing, increased heart rate and blood pressure, flushing and sweating, numbness and loss of muscular control. PCP users may become violent or suicidal, and high doses can cause seizures, coma, and death. PCP is very addictive and repeated abuse frequently leads to compulsive behavior in seeking the drug.

Peyote is a small cactus; disc-shaped buttons on the top of the cactus can be cut and dried. The buttons are generally chewed or soaked in water to produce a liquid. The principal active ingredient in peyote is mescaline, which can also be produced by chemical synthesis. According to the National Institute on Drug Abuse, the long term effects of mescaline remain poorly understood. The effects of peyote are similar to LSD, and peyote abusers may also experience flashbacks.

Psilocybin is obtained from certain types of mushrooms found in tropical regions of South America, Mexico, and the United States. The mushrooms are typically taken orally, and may be brewed as tea or added to other foods. The psychological consequences of psilocybin use include hallucinations, an altered perception of time, and an inability to discern fantasy from reality. Physical effects can include excessive pupil dilation, nausea, vomiting, and drowsiness.

### **Inhalants**

Many legal substances found in the home, such as spray paints, hair sprays, paint thinners, markers, glues, cleaning and correction fluids, and lighter fluid, contain substances that have mind-altering properties when inhaled. Nitrites, such as amyl nitrite, are used medicinally to relieve pain of angina attacks, but are also sold for illicit use in small bottles or cap vials.

The effects of inhalants include slurred speech, lack of coordination, euphoria, and dizziness. Inhalant abusers may also experience light-headedness, hallucinations, and delusions. Physical effects of inhalants may include nausea, sneezing, coughing, nose bleeds, headache, fatigue, lack of coordination, and loss of appetite. Long-term effects may include liver and kidney damage, hearing loss, and damage to sheathing around nerve fibers which may result in loss of coordination and spasms. Inhaling highly concentrated amounts of the chemicals in solvents or aerosol sprays can cause heart failure, suffocation, and permanent brain damage.

### **“Club” Drugs**

So-called “club” drugs include MDMA (Ecstasy), GHB (gamma hydroxybutyrate), Rohypnol, and ketamine. MDMA is generally taken orally as a capsule or tablet, and is frequently abused in combination with other drugs. It produces feelings of increased energy, euphoria, emotional warmth and empathy toward others, and distortions in sensory and time perception. MDMA can have many of the same physical effects as other stimulants like cocaine and amphetamines. Research on the addictive properties of MDMA has shown varying results, but dependence has been reported.

GHB and Rohypnol are both generally ingested orally – GHB in liquid or powder form, while Rohypnol is typically in pill form or ground up and inhaled by snorting. Both drugs have been used to commit sexual assaults (also known as “date rape,” “drug rape,” “acquaintance rape,” or “drug-assisted” assault) due to their ability to sedate and incapacitate unsuspecting victims, preventing them from resisting sexual assault. Rohypnol may also produce amnesia, in which individuals cannot remember events they experienced while under the drug’s influence. Repeated GHB use may lead to insomnia, tremors, sweating, and anxiety. Chronic use of Rohypnol can produce tolerance, dependence, and addiction.

Ketamine, a dissociative anesthetic often used in veterinary practice, is usually snorted or injected intramuscularly. Ketamine use may result in distortion in perceptions of sight and sound and may produce feelings of detachment from the environment and self. Low-doses can cause impaired attention, learning ability, and memory. At higher doses, ketamine can cause dreamlike states and hallucinations; and at higher doses still, ketamine can cause delirium and amnesia.

### **Prescription Drugs**

Many medications used for legitimate medical reasons have mind-altering properties and may be abused by those who take the medications for reasons or in ways or amounts not intended by a doctor, or by someone who takes them who is not the person for whom the medications are prescribed. According to the National Institute on Drug Abuse, as of May 2013, prescription and over-the-counter drugs (such as cough and cold remedies) are, after marijuana and alcohol, the most commonly abused substances by Americans 14 years of age or older. In addition, research indicates that 70% of the people who misuse prescription drugs get them from a friend or relative.

Some of the most commonly abused prescription drugs are: opioids, such as hydrocodone (e.g. Vicodin), oxycodone (e.g. Oxycontin), meperidine (e.g. Demerol), and hydromorphone (e.g. Dilaudid); depressants, such as pentobarbital sodium (e.g. Nembutal), diazepam (e.g. Valium), and alprazolam (e.g. Xanax); and stimulants, such as dextroamphetamine (e.g. Dexedrine), methylphenidate (e.g. Ritalin, Concerta), and amphetamines (e.g. Adderall).

Opioids can produce drowsiness, cause constipation, and in larger doses, depress breathing. Research has shown that more people die from overdoses of prescription opioids than from all other drugs combined, including heroin and cocaine. Depressants slow down brain activity and can cause sleepiness and loss of coordination. Stimulants can have strong effects on the

cardiovascular system. Taking high doses of a stimulant can raise body temperature to dangerous levels and cause seizures, irregular heartbeat or even heart failure. All of these drugs have the potential for addiction even when used as intended, and this risk is amplified when they are abused.

### **Alcohol**

Ethyl alcohol, a natural substance formed by the fermentation of yeast, sugars, and starches, is the major active ingredient in beer, wine, and liquor. Alcohol can produce feelings of well-being, but can lead to intoxication, sedation, unconsciousness, or death, depending on how much is consumed and how fast it is consumed. Alcohol is mind-altering substance, and can alter moods, cause changes in the body, and become habit forming. Alcoholism or alcohol dependence is a diagnosable disease characterized by a strong craving for alcohol, and/or continued use despite harm or personal injury.

Chronic use of alcohol has been associated with such diseases as alcoholism, stroke, and cancers of the liver, stomach, colon, larynx, esophagus, and breast. Alcohol abuse can also lead to: damage to the brain, pancreas and kidneys; high blood pressure, heart attacks, and strokes; hepatitis and cirrhosis of the liver; stomach and duodenal ulcers; colitis; impotence and infertility; and premature aging. Abuse of alcohol has been linked to birth defects and other Fetal Alcohol Disorders.

## Where to Get Assistance

There are many resources and organizations that can provide information and assistance for persons who are in need of counseling or other treatment for substance abuse. The information below lists some additional resources and contact information for several local agencies and organizations which can assist persons in need of such services.

The staff within the University of Montevallo Counseling Services office (205-665-6245) can also assist students and employees of the University with contact information on other local resources. The University's Counseling Services provides services include short-term individual and group counseling by appointment (205-665-6245), crisis intervention, consultation, mental health counseling, social skills training, and referral services to agencies or private practitioners within the community when long-term counseling is required.

*The information below is provided for informational purposes only, and does not constitute an endorsement of any of the agencies/organizations listed. Additional local and online resources are available at the UM Counseling Services office located in the Puryear House.*

For University of Montevallo Employees who are Blue Cross Blue Shield subscribers and their qualified dependents who are Blue Cross Blue Shield subscribers, please contact Human Resources for all available resources including EAP.

### **Local Agencies/Organizations**

#### **University of Alabama at Birmingham (UAB)**

Center for Psychiatric Medicine  
1713 6th Avenue South  
Birmingham, AL 35294-0018  
(205) 975-7350 or 1-800-782-1133

#### **UAB Beacon Addiction Treatment Center**

410 Beacon Pkwy W. Suite 150  
Birmingham, AL 35209  
(205) 917-3733, ext. 104  
Fax: (205) 940-3481

#### **JBS Mental Health Authority (Residents of Jefferson, Blount, and St. Clair Counties)**

940 Montclair Rd #200,  
Birmingham, AL 35213  
(205) 595-4555

#### **Central Alabama Wellness (Residents of Chilton & Shelby Counties)**

110 Medical Center Drive  
Clanton, AL 35045  
(205) 755-5985

#### **Bradford Health Services (Inpatient)**

1189 Albritton Road  
Warrior, AL 35180  
(205) 647-1945 or 1-800-333-1865

#### **Bradford Health Services (Outpatient)**

101 Aviators View Dr # B  
Calera, AL 35040  
(205) 621-4429

## **Online Resources**

### **Alcoholics Anonymous World Services**

[www.aa.org](http://www.aa.org)

### **AL-ANON Alabama Northwest Florida (Area 64)**

[www.alnwfl-al-anon.org/](http://www.alnwfl-al-anon.org/)

### **Alabama Department of Public Health**

[www.adph.org/](http://www.adph.org/)

### **Narcotics Anonymous World Services**

[www.na.org/](http://www.na.org/)

### **National Institute on Alcohol Abuse and Alcoholism**

[www.niaaa.nih.gov/](http://www.niaaa.nih.gov/)

### **National Institute on Drug Abuse**

[www.drugabuse.gov/](http://www.drugabuse.gov/)

## **Program Inventory**

The University of Montevallo offers various programming throughout the academic year to educate the community on the dangers surrounding the consumption and use of alcohol and other drugs.

### **Drunk Busters Goggles**

An annual event with collaboration from various campus offices such as Student Life, the University of Montevallo Police Department, and Student Conduct, this program allows community members to wear various goggles representing different blood alcohol levels to see the effect of alcohol in a safe and controlled environment.

### **Greek Life Tabling**

Greek Life, housed in the Office of Student Life, held a tabling event to help educate the community regarding harm reduction factors relating to the risks of alcohol consumption.

### **Athlete Presentations**

Per NCAA requirements, all athletes must go through various trainings with compliance staff. During these trainings, university and NCAA policies are covered.

### **Student Counseling Outreach**

University of Montevallo Counseling Services provides various educational opportunities throughout the year focused on harm reduction. These presentations are presented to various organizations and classes at the request of students, faculty, and staff. Additionally, Counseling Services offers several open presentations to the campus community.

### **Title IX and VAWA Training**

Per federal regulations the University of Montevallo requires community members to complete annual Title IX and VAWA trainings. While the focus of these trainings are to educate the community on Title IX and sexual misconduct, the trainings do cover the dangers of alcohol and other drugs.

### **Individual Athletic Assessments**

Per University policy and NCAA recommendations, all student athletes are required to undergo individual assessments by licensed professional counselors. Part of this assessment is an inventory on the use of alcohol.

## **Alcohol and Other Drugs Program Review**

### **Alcohol and Other Drugs Program Goals**

1. The goal of each the above programs were to provide awareness on health and the impact that alcohol and other drugs can have on the body.
2. One major goal of Drunk Buster Goggles was to simulate the experience of impaired driving while under the influence of alcohol in a safe and controlled environment.

### **Alcohol and Other Drugs Strengths and Weaknesses**

1. The strengths of our programs are the information shared with students so they are aware of the importance of taking care of themselves.
2. One area of improvement the University will focus on over the next two years is developing additional alcohol and other drug programing to increase education and awareness amongst the campus community.
3. The University of Montevallo is revamping our Biennial Review Committee to increase conversations and focus to areas related to Alcohol and Other Drugs

### **Recommendations for revising Alcohol and Other Drugs Programs**

1. Be creative in where we host these types of programs on campus.
2. Focus on strategic marketing avenues through collaboration with campus partners to ensure the campus community is aware of various events.
3. Ensure programming is community focused in order to deliver the most effective and relevant information to all members of the community.

#### **Level of effort expended to detect violations of UM's AOD standards of conduct**

Reports involving alcohol and drugs are made to the University of Montevallo Police Department or Office of Student Conduct.

#### **Level of expertise of those who are responsible for detecting AOD related violations**

Resident Assistants (RA) and Hall Directors (RHD) are all trained by the Housing & Residence Life Office to be able to detect behaviors, smell, cues, and other clarifying information to determine if an alcohol or drug incident has occurred. For all drug incidents, RAs and RHDs are instructed to call the UM Police Department so they can investigate the situation.

All University of Montevallo Police Officers are state certified and are required to attend training yearly to receive continuing education units to keep their certifications in place. Each officer has received training specific to Alcohol and Drug related crimes and awareness. UMPD holds a partnership with the Shelby County "Compact 2020" program. This program is administered through the Shelby County District Attorney, the County Manager, and the Shelby County Sheriff, and is used to combat and correct alcohol or drug usage by underage students. UMPD also works with the Shelby County Drug Task Force for assistance conducting drug related investigations as needed.



**Alcohol and Drug Incident Summary  
2023-2024 and 2024-2025 AOD Numbers**

<b>Academic Year Numbers</b>	<b>Augst 1, 2023 – July 31, 2024</b>	<b>Aug 1, 2024 - July 31, 2025</b>
<b>Incidents Referred to OSC for Alcohol, Other Drugs, and Vandalism</b>	55	38
<b>Total students involved in Alcohol-related cases</b>	44	24
<b>Total students found responsible for Alcohol policy violation</b>	40	14
<b>Total students Involved in Drug-related cases</b>	6	5
<b>Total students found responsible for Drug policy violation</b>	4	5
<b>Total students Involved in Vandalism related cases</b>	2	6
<b>Total students found responsible for Vandalism policy violation</b>	1	4
<b>Total students referred to Counseling or Treatment</b>	0	1
<b>Repeat Offenders of Alcohol Policy</b>	3	2
<b>Repeat Offenders of Drug Policy</b>	0	0

**2023-2024 and 2024-2025 AOD Sanctioning**

<b>Alcohol Policy Violation Sanctions 2023-2024</b>		<b>Alcohol Policy Violation Sanctions 2024-25</b>	
Formal Warning	26	Formal Warning	11
Informal Warning	9	Conduct Probation	5
Deferred Suspension	3	Deferred Suspension	1
Conduct Probation	1	Informal Warning	1
Housing Points	27	Alcohol 101+	14
Parent/Guardian Notification	27	Checkpoint Meeting	4
College Alcohol Stats Fact Finder	12	Housing Fine	3
Ted Talk Video	6	Career Development Center Meeting	1
Pros & Cons Worksheet	5	Counseling Services Referral	1
Sum it Up Paper	3	Housing Probation	1
Consequences Worksheet	2	Reflection Paper	1
Wheel of Emotions Reflection	2		
Email to Director of Athletics/Coach	1		
Housing Probation	1		
Referral to Falcon Success Center	1		
Values Identification Exercise	1		

<b>Drug Policy Violation Sanctions 2023-24</b>		<b>Drug Policy Violation Sanctions 2024-25</b>	
Conduct Probation	3	Conduct Probation	5
Formal Warning	1	Checkpoint Meeting	5
Housing Points	4	Reflection Paper	5
Headspace: Mediation & Mindfulness App	2		
Housing Probation	2		
Parent/Guardian Notification	2		
Well-Being Self Care Plan	2		
Autobiography Essay	1		
College Alcohol Stas Finder	1		
Consequences Worksheet	1		
Letter of Reflection	1		
Ted Talk Video	1		
Pros & Cons Worksheet	1		
Wheel of Emotion Reflection	1		