

An overview of local and University programs, laws, policies, procedures, and resources dedicated to prevention and intervention of alcohol and other drug abuse.

Biennial Review

2016

Presented by the Student Affairs Division

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Founded in 1858, St. Bonaventure is a Catholic university dedicated to educational excellence in the Franciscan tradition. We are committed to the constant pursuit of distinction in our undergraduate and graduate programs, our innovative liberal arts core and all of our courses of study. At St. Bonaventure University, we come to know our students on an individual basis and become their mentors. We strive to bring out the best in every individual. As an academic and spiritual community, we endeavor to prepare our students for the challenges they will face in their professional careers as well as in their personal lives. True to our Franciscan heritage, we encourage students to manifest our values through lives of citizenship and service.

Values Statement

As a Catholic university in the Franciscan tradition, we dedicate ourselves to the following Core Values and to making them live and thrive at St. Bonaventure:

Discovery

We steadfastly pursue intellectual, spiritual and personal growth in a way that reflects our belief in the wonder, excitement and joy of discovery along life's good journey. Central to that journey is an appreciation for the best that has been thought, written and discovered. It is our firm intent that our faculty and students add to this body of knowledge, sharing the adventure of inquiry in an atmosphere of academic freedom, both within and outside the classroom.

Community

We believe in an inclusive community that values diversity as a strength. We foster and celebrate practices that nurture living and learning in an atmosphere of caring, respect and mutual accountability. We seek to enhance the quality of life in the world around us, particularly by reaching out to the poor, the less fortunate and the disadvantaged. We not only demonstrate this spirit of community on our campus; we manifest it wherever we go.

Individual Worth

At the core of our identity is a strong belief in the goodness of life and the God-given worth of every individual. We treat all members of our community with dignity and strive to help them reach their full potential. We commit ourselves to actions that empower all members to the St. Bonaventure community and encourage their full participation in creating our future.

St. Bonaventure University's Statement of Distinction

At St. Bonaventure University, we strive to foster the development of knowledgeable, skilled, compassionate and ethical individuals by mentoring students within vitally engaging learning environments, ever mindful of such Franciscan values as individual dignity, community inclusiveness, and service to others.

Part 86, The Drug-Free Schools and Campuses Regulations

Part 86, the Drug-Free Schools and Campuses Regulations requires that all U.S. institutions of higher education adopt and implement programs to prevent the unlawful possession, use and distribution of illicit drugs and alcohol by students and employees. As a part of this requirement, St. Bonaventure University is providing this document to educate students and employees in the area of substance abuse, and to illustrate the University's current substance abuse programs and policies. [Back to Table of Contents](#)

Drug-Free Workplace/Campus Community Policy

St. Bonaventure University recognizes substance abuse in the workplace as a danger to personal health and safety. In addition, the unlawful use of controlled substances by employees in the workplace is inconsistent with the University's educational mission. As such, it is the policy of the University that the unlawful manufacturing, distribution, dispensing, possession, or use of controlled substances in the workplace is prohibited.

In an effort to promote a drug-free workplace and campus community, the University urges its employees who experience drug-related problems to seek assistance through counseling. Counseling is provided for employees through the Employee Assistance Program. This program provides telephonic assistance and can coordinate face-to-face assistance which may be covered by the employee's health insurance.

Employees who are experiencing performance problems in the workplace may be required to undergo treatment for substance abuse, or be subject to disciplinary action up to and including dismissal. Those individuals who undergo treatment for substance abuse will be expected to follow a prescribed aftercare program. Those convicted of violating a criminal drug statute while at the workplace will face dismissal from the University. [Back to Table of Contents](#)

St. Bonaventure University Alcohol Policy (Appendix D of the Student Code of Conduct)

St. Bonaventure University does not condone the underage use of alcoholic beverages. Therefore, underage possession and consumption of alcoholic beverages is not permitted on this campus. Persons twenty-one (21) years of age or older are permitted to possess and consume alcohol, provided they do so within the specified guidelines outlined below. **In all cases of substance abuse or misuse, individuals will be advised, and in some cases mandated, to attend University-sponsored educational and/or formal counseling programs.** Within the definitions below, residence hall rooms applies to all singles, doubles, triples, suites and apartments.

Possession of Alcoholic Beverages - Alcoholic beverages and beverage containers (glass or can, empty, full or partially full) are prohibited in residence hall rooms where any or all occupants of the room are under 21 years of age. When alcoholic beverages are permitted, the limit is not to exceed more than one case of beer, one liter of liquor or one gallon of wine. Persons under 21 years of age are not permitted to be in the presence of alcoholic beverages, or beverage containers.

Consumption of Alcoholic Beverages - Consumption of alcoholic beverages is strictly prohibited if a student is under the age of twenty-one. Persons 21 years of age or older who choose to consume alcohol may do so only in the presence of other persons 21 years of age or older, and must remain in control of their behavior. They will be responsible for their actions and must respect the rights of others.

Drunk and Disorderly Conduct – any disruptive behavior exhibited while under the influence of alcohol or other drugs.

Giving/Selling Alcohol to Persons Under the Age of 21 – Including but not limited to buying alcohol for, or otherwise supplying alcohol to, a person(s) under the age of 21.

Hosting a Party in a Residence Facility – a room party is defined as:

Six (6) or more people in a single room where alcohol is present

Ten (10) or more people in a room larger than a single, including an apartment lacking a party permit, where alcohol is present

Open Container – the unauthorized possession of an open container of alcohol in University public areas including but not limited to hallways, lounges, bathrooms, and outdoor spaces. This applies to all students (including those that are 21 years of age or older), and is defined as any open bottle, can, mug, cup, etc, used to transport alcohol.

Participation in Drinking Games – the University prohibits any game used for the purpose of the rapid consumption of alcohol

Possession of a Device Used for Rapid Consumption of Alcohol – the University prohibits funnels, and any other device that can be used for the rapid consumption of alcohol

Possession of a Keg/Beer Ball – Kegs and beer balls are not permitted in any residence hall facility, with the exception of those outlined in the University party procedures

Presence at a Room Party – attendance at a party as defined under Hosting a Party

Public Intoxication – exhibiting characteristics of intoxication in public areas including but not limited to lounges, hallways, bathrooms, etc.

Unauthorized Presence/Participation of Anyone Under 21 at a University Function Where Alcohol is Being Served

Party Procedures – Students living in the Gardens Apartments, Townhouses or Phase II and III Apartments must obtain a party permit from the residence director for the apartments prior to hosting any parties. All University Alcohol Policies apply during a registered party. Guidelines for approval of such permit and for hosting approved parties are as follows:

1. Public parties and formals are prohibited. Party privileges extend only to private groups of specifically invited individuals. No public advertising is permitted.
2. Gardens of Brother Leo (Garden Apartments), Village of St. Anthony (Phase I&II Apts.) and Glen of St. Clare (Phase III Apartments) residents may sponsor parties only if those residents who are 21 years of age or older will be present. No parties are permitted in apartments where a student/resident who is under the age of 21.
3. Students must apply for a permit with the residence life professional staff within the first two weeks of the semester, and successfully complete a training workshop as determined by the Executive Director of Residential Living and Conduct. The number of parties an approved apartment is permitted to host shall be determined by the residence director.
4. All approved parties may begin no earlier than 7:00pm on Fridays, and end no later than 1:00 am of the night for which the party is approved. Parties are not permitted on nights of home basketball games, during alumni weekend or on weeknights.
5. Charging money for admission at any time before, during or after the party is against New York State Law, and strictly prohibited.
6. The following lists the maximum number of people and alcohol permitted in apartments for parties (or any other time) by area:
 - a. **Gardens of Brother Leo (Garden Apartments)** – thirty-five (35) people, alcohol not to exceed two quarter kegs, or the equivalent amount of wine or liquor
 - b. **Phase I Townhouses** – twenty-five (25) people, alcohol not to exceed one quarter keg, or the equivalent amount of wine or liquor
 - c. **Phase II & III Apartments** – sixteen (16) people, alcohol not to exceed one case of beer, one liter of liquor or one gallon of wine.
7. Food and alternative, non-alcoholic beverages must be available at all parties/events where alcohol is being served.
8. Residents of the apartment that is hosting the party (hosts) are responsible for keeping noise levels at parties within tolerable levels for other apartment residents. Hosts should be directly contacted regarding noise complaints. If no resolution can be reached, the Office of Safety and Security or appropriate residence life staff members should be contacted. Hosts are also responsible for any damage to University property as a result of their party.

9. Outdoor parties must be approved via the University Alcohol Events Requisition Procedures. Beer distributors are not permitted on campus. Students approved to host an outdoor party are responsible for any damage done to University property as a result of their party.

Other:

The University also prohibits:

-Any form of false identification

-Overt intoxication on campus

-Operation of a motor vehicle on campus while under the influence of alcohol or a controlled substance

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St. Bonaventure University Drug Policy **(Appendix G of the Student Code of Conduct)**

Policies Regarding Possession, Use, and Distribution of Controlled Substances

St. Bonaventure University expects all students to abide by NYS and Federal laws pertaining to possession, use and/or distribution of controlled and illicit substances. For the definitions below, controlled or illicit substances include but are not limited to marijuana, cocaine, heroin, acid, etc. The following behaviors are strictly prohibited at St. Bonaventure University:

Possession of a Controlled Substance – having on one’s person, or knowingly being in the presence of, any controlled or illicit substances. Additionally, no one shall possess any prescription medication that is not specifically prescribed to him/her.

Use of a Controlled Substance – taking or consuming a controlled or illicit substance. Methods of use include but are not limited to smoking, injecting, snorting, inhaling, ingesting, etc.

Distribution of a Controlled Substance – providing controlled or illicit substances to others. This includes selling and/or giving a substance to someone else. Giving or selling to someone else medication prescribed to you is strictly prohibited. Additionally, aiding someone else in the distribution of controlled or illicit substances is strictly prohibited.

Possession of Drug Paraphernalia – having on one’s person and/or knowingly being in the presence of any device or materials utilized for the consumption and/or distribution of controlled or illicit substances. These include but are not limited to: bowls, bongos, hookahs, scales, etc.

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Possible University Sanctions for Alcohol and Other Drug Violations

Sanctions for alcohol and other drug violations of the student code of conduct are determined on an individual basis. The incident, and the student’s prior violations, will be taken into account.

The following disciplinary sanctions shall comprise the range of official actions which may be imposed for violations of regulations. One or more may be imposed in response to a given situation.

A. Verbal/Written Disciplinary Warning

A. Written Disciplinary Warning is an official verbal/written notice to a student that a particular action or type of behavior is in violation of stated regulations or policies, and, therefore, unacceptable. Continuation of similar behavior or future violations may be cause for more severe disciplinary action.

B. Disciplinary Fines

These monetary payments may be for punitive purposes or for purposes of restitution because of damage to persons or property; or misappropriation of property. Payments can be made to the Bursar's Office.

C. Community Service

An action that requires a student to give a specific number of hours of uncompensated service to some task recognized as valuable to the University community. The Administrative Hearing Officer will make the particular assignment of duties. The person under whose direction the work is done shall certify to the AHO when the work has been completed. Failure to complete the service within a specific period of time will result

in additional disciplinary action. The Administrative Hearing Officer has the discretion to assign work in the community-at-large or on-campus service.

D. Attendant Restrictions

In conjunction with the sanctions above, students may be subject to one or more of the following attendant restrictions:

1. Loss of Good Disciplinary Standing: an action which excludes a student from representing the University in intercollegiate activities, or from holding any elected or appointed office in a University-recognized organization, or from being selected for certain committees or programs, or from membership in student organizations for a stated period of time.
2. Disciplinary Residence Hall Room Change: an action which requires a student to vacate his/her current room and relocate to another room because of disciplinary reasons.
3. Exclusion from University Buildings, Intramural Sports, Extracurricular and Residence Hall Activities: an action which excludes a student from university buildings, intramural sports, extracurricular activities and residence hall activities for a stated period of time.
6. Restrictions on Housing Lottery: an action which may exclude a student from participation in a particular housing lottery or affect his or her ranking within a particular lottery.
7. Judicial Hold on Records: A judicial hold may be placed on the academic records of any student who fails to comply with any requirements imposed following a violation of the Code of Student Conduct. A judicial hold may prevent, among other things, class registration, the release of transcripts, and the award of a diploma. Students who are suspended or expelled from the University are subject to a judicial hold to prevent class registration.
8. Educational Measures: An action that requires the student to complete an educational task as assigned by the AHO or the VPSA and/or his/her designee. Failure to complete this assignment within a specific period of time will result in additional disciplinary action. Educational measures may include participation in counseling.

E. Disciplinary Probation

Disciplinary probation is an official written notice to a student that violation of University regulations or policies, or patterns of behavior contrary to university standards or expectations, will not be tolerated. Repeated offenses or violations of any conditions of probation will result in more severe action, including possible suspension or expulsion from the University.

Disciplinary Probation lasts for a stated period of time and a copy of the probation notice is maintained in a disciplinary file in the Office of the Vice President for Student Affairs.

F. Loss of Campus Residency

Loss of Campus Residency is an action which excludes a student from residence on campus. A student who loses campus residency may be considered for future on-campus accommodations at the discretion of the Vice President for Student Affairs.

G. Suspension

Suspension is an action which excludes a student from registration, class attendance, residence on campus, and use of University facilities for a specific period of time. Suspended students are not permitted on the campus without prior approval of the Vice President for Student Affairs. Suspension is recorded in a disciplinary file in the Office of the Vice President for Student Affairs. Upon termination of the period of suspension, the student shall be considered for readmission if:

1. the student is academically eligible for readmission; and
2. the student has complied with any conditions for readmission placed upon the student by the Vice President for Student Affairs and/or his designee, or stipulations outlined by a University Judicial Board.

H. Expulsion

Expulsion is an action which permanently excludes a student from registration, class attendance, residence on campus, and use of University facilities. Expelled students are not permitted on the campus for any reasons. Expelled students who enter the campus are subject to arrest. Disciplinary expulsion is recorded in a disciplinary file in the Office of the Vice President for Student Affairs.

St. Bonaventure University reserves the right to notify parent(s) / legal guardian(s) about the disciplinary status of their son/daughter/ward to the extent consistent with the provisions of the Family Educational Rights and Privacy Act.

Alcohol Related Medical Issues

Alcohol consumption that results in students needing medical attention, either from MERT or Olean General Hospital, will be treated seriously by the University. However, a students' first alcohol-related medical issue *will not* be treated punitively. Students will be required to meet with a University administrator to discuss the behavior. Students will likely be required to attend counseling to explore their alcohol use and parents or legal guardians will be notified.

Future alcohol related medical issues can be handled judicially and may result in punitive sanctioning.

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Number of Alcohol and Other Drug Violations Resulting in Sanctions for 2015-2016

	Alcohol	Other Drug
Spring 2015	142	6
Fall 2015	79	6
Spring 2016	72	9
Fall 2016	149	12

NYS Laws and Penalties Relating to Alcohol and Controlled Substances

The following is a list of several NYS laws regarding alcohol and other drugs, and possible consequences for violating such laws:

The following can be found under the NYS Vehicle and Traffic Laws:

ARTICLE 31 § 1192 (<http://ypdcrime.com/vt/article31.htm>)

The following are classifications for operating a motor vehicle after consuming alcohol or other illicit drugs and, in some instances, the penalties they carry:

Operating a motor vehicle after having consumed alcohol under the age of 21 – BAC .02-.07

Driving While Intoxicated (DWI) = BAC of .08 or above; misdemeanor punishable by fine of \$500-\$1000 and/or imprisonment up to 1 yr.

Aggravated Driving While Intoxicated, a) per se. = BAC of .18 or above; **b) with a child** = any of these violations occurring with a child 15 years or less as passenger; - misdemeanor punishable by fine of \$1000-\$2500 and/imprisonment up to 1 yr. or

Driving While Ability Impaired (DWAI) = traffic violation punishable by fine of \$300-\$500 and/or imprisonment up to 15 days.

Driving While Ability Impaired by Drugs = misdemeanor punishable by fine of \$500-\$1000 and/or imprisonment up to 1 yr.

Driving While Ability Impaired by the Combined Influence of Drugs or of Alcohol and Any Drug or Drugs = misdemeanor punishable by fine of \$500 - \$1000 and/or imprisonment up to 1 yr.

*The above are for first offenses only. Subsequent offenses carry greater penalties, and are sometimes considered felonies.

* In addition to fines and imprisonment, the court shall sentence such a person convicted of or adjudicated a youthful offender for a violation of the above to a term of probation or conditional discharge, as a condition of which it shall order such person to install and maintain an ignition interlock device on any vehicle owned or operated by such person during the term of such probation or conditional discharge.

The following can be found under the NYS Consolidated Laws – Alcoholic Beverage Control Law

§ 65-b – Offense for anyone under the age of 21 years to purchase or attempt to purchase an alcoholic beverage through fraudulent means = no person under the age of 21 years shall present or offer to anyone any written evidence of age which is false, fraudulent, or not actually his own for the purpose of

purchasing or attempting to purchase any alcoholic beverage. This is considered a violation, punishable with a fine of \$100 and/or up to 30 hours of community service (for first time offense) and/or alcohol awareness program.

§ 65-c – Unlawful possession of an alcoholic beverage with the intent to consume by persons under the age of 21 = \$50 fine and/or completion of alcohol awareness program (first time offense).

The following can be found under the NYS Consolidated Laws – Public Health Law

<http://public.leginfo.state.ny.us/menugetf.cgi?COMMONQUERY=LAWS>

Article 33 § 3304 – Prohibited Acts (Controlled Substances) – It shall be unlawful for any person to manufacture, sell, prescribe, distribute, dispense, administer, possess, have under his control, abandon, or transport a controlled substance. Violations of these laws range in severity from misdemeanors to felonies, punishable by wide range of fines and imprisonment periods.

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ON-CAMPUS SUBSTANCE ABUSE PREVENTION PROGRAMMING AND COUNSELING SERVICES

AlcoholEDU: For the past three years, the University has required all incoming students to participate in AlcoholEDU, an online educational platform which tailors its feedback to each individual student based on how the student responds to a series of questions about current behavior and perceptions. A small working group formed after the first year, and developed an action plan based on aggregate data gathered about student behavior and perceptions regarding alcohol. The plan is focused on bringing the University's numbers more in line with national averages, and to analyze data over future years to develop a longitudinal analysis. The University is committed to providing individualized online educational programming for each incoming student in this manner for the foreseeable future.

First Year Experience Mandatory Programming : Each year, as part of Welcome Days programming, freshmen are **required** to attend a presentation that specifically addresses issues surrounding alcohol and other drug abuse among college-age students. While this program is subject to change year to year, the University has contracted for the past several years with Mike Green, or Greeny. This program helps students identify unhealthy behavior as it relates to drinking, and promotes personal safety and helping friends. This program is very well received by students.

Assessment and Substance Abuse Counseling

Assessment and substance abuse counseling is primarily provided as an educational sanction for St. Bonaventure students who have violated the University's alcohol and/or drug policies. As part of the judicial process, students in repeat violation of institutional policies, or other students who may be considered at risk, are referred to substance abuse counseling by the Vice President for Student Affairs, the Chief Judicial Affairs Officer or by the Judicial Board. Additionally, evaluation from the Counseling Center is generally required of any student needing medical attention as a result of over-consumption of alcohol or other drugs. All students and employees of the University are welcome to voluntarily utilize these programs, or speak to a counselor about referring another person. Referrals to outside agencies and local substance abuse treatment centers are also available.

ResEd and C.A.R.L. Programming: The Residential Education Office works to provide educational programming on a wide range of topics, including drug and alcohol awareness. Additionally, the Center for Activities, Education and Leadership consistently provides alcohol-free late-night programming. Additionally, C.A.R.L. has, for many years, brought in a drunk and distracted driving simulator. This day-long event is part of the freshmen passport program, and has very high attendance.

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Facts about Alcohol and Drugs

ALCOHOL

(Information below provided by National Institute for Health – www.niaaa.nih.gov/alcohol-health)

- ◆ **Binge Drinking:** NIAAA defines as a pattern of drinking that brings blood alcohol concentration (BAC) levels to .08 g/dL. This typically occurs after 4 drinks for women and 5 drinks for men in about 2 hours.
- ◆ **Heavy Alcohol Use:** Defined by the Substance Abuse and Mental Health Services Administration (SAMHSA) as binge drinking 5 or more days in the past month.
- ◆ **Alcohol and College Students:**
- ◆ **Prevalence of Alcohol Use:**

Prevalence of Drinking: According to the 2015 NSDUH, 58.0 percent of full-time college students ages 18–22 drank alcohol in the past month compared with 48.2 percent of other persons of the same age.

Prevalence of Binge Drinking: According to the 2015 NSDUH, 37.9 percent of college students ages 18–22 reported binge drinking in the past month compared with 32.6 percent of other persons of the same age.

Prevalence of Heavy Drinking: According to the 2015 NSDUH, 12.5 percent of college students ages 18–22 reported heavy alcohol use in the past month compared with 8.5 percent of other persons of the same age.

Consequences—Researchers estimate that each year:

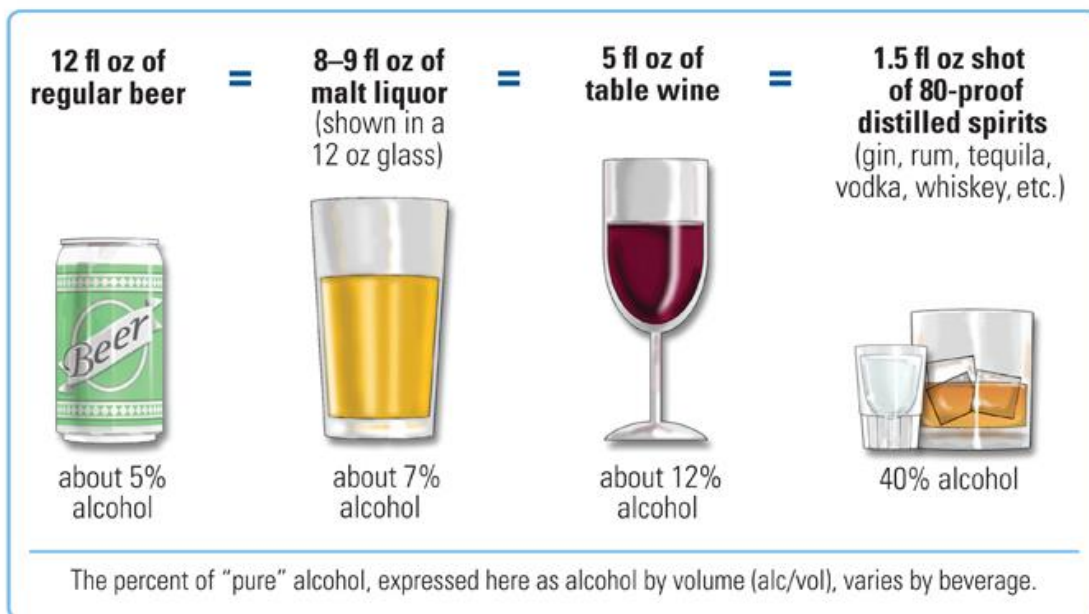
*1,825 college students between the ages of 18 and 24 die from alcohol-related unintentional injuries, including motor-vehicle crashes.

*696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking.

*97,000 students between the ages of 18 and 24 report experiencing alcohol-related sexual assault or date rape.

*Roughly 20 percent of college students meet the criteria for AUD.

About 1 in 4 college students report academic consequences from drinking, including missing class, falling behind in class, doing poorly on exams or papers, and receiving lower grades overall.



The above image is from:

<http://niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/what-standard-drink>

Alcohol and the Human Body:

<http://niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/alcohol-facts-and-statistics>

- In 2013, of the 72,559 liver disease deaths among individuals ages 12 and older, 45.8 percent involved alcohol. Among males, 48.5 percent of the 46,568 liver disease deaths involved alcohol. Among females, 41.8 percent of the 25,991 liver disease deaths involved alcohol.³⁰
- Among all cirrhosis deaths in 2013, 47.9 percent were alcohol related. The proportion of alcohol-related cirrhosis was highest (76.5 percent) among deaths of persons ages 25–34, followed by deaths of persons aged 35–44, at 70.0 percent.³¹
- In 2009, alcohol-related liver disease was the primary cause of almost 1 in 3 liver transplants in the United States.³²
- Drinking alcohol increases the risk of cancers of the mouth, esophagus, pharynx, larynx, liver, and breast.

MARIJUANA

(Pot, Grass, Ganja, Reefer)

<https://www.drugabuse.gov/drugs-abuse/marijuana>

- ◆ Dried leaves, flowers, stems and seeds from hemp plant *Cannabis Sativa*
- ◆ THC is the mind-altering chemical found in marijuana
- ◆ Usually smoked (joints, bowls, bong, vaporizers). Can also be swallowed in solid form (e.g. baked in cookies)
- ◆ Most commonly used “illicit” drug in the United States
- ◆ Short-term health effects may include:
 1. Feeling “high”
 2. Altered senses
 3. Changes in mood
 4. Impaired body movement
 5. Difficulty with thinking/problem solving
 6. Impaired memory
- ◆ Long-term health effects may include:
 1. Affected brain development
 2. Reduced thinking, memory and learning functions

HEROIN

<https://www.drugabuse.gov/drugs-abuse/heroin>

- Heroin is an opioid, and can be found as a white or brown powder, or as a black sticky substance (black tar heroin)
- Injected, smoked or snorted
- There is no commercial use for Heroin
- Short Term Health Effects:
 - Euphoria
 - Warm flushing of skin
 - Dry mouth
 - Heavy feeling in hands/feet
 - Clouded thinking
 - Wakeful or drowsy states
 - Itching, vomiting, nausea
 - Slowed breathing/heart rate
- Long Term Health Effects
 - Collapsed veins
 - Abscesses
 - Infection of the lining of heart valves
 - Constipation and stomach ramps
 - Liver or kidney disease
 - Issues with pregnancy and risk of HIV, hepatitis or other infectious diseases from shared needles

ECSTASY (Molly, X, E)

<https://www.drugabuse.gov/drugs-abuse/mdma-ecstasy-molly>

- ◆ Ecstasy is a synthetic drug, formally known as MDMA (methylenedioxyamphetamines) that alters mood and perception
- ◆ Ecstasy is a stimulant and hallucinogen that creates feelings of euphoria, increased energy, emotional warmth, distorted sensory and time perception
- ◆ Usually taken as a pill, but can be snorted or rarely injected.
- ◆ No commercial uses
- ◆ Short-term health effects:
 - ◆ Lowered inhibition
 - ◆ Confusion
 - ◆ Depression, sleep problems, anxiety
 - ◆ Increased heart rate and blood pressure, teeth clenching
 - ◆ Nausea, faintness, chills or sweating
 - ◆ Liver, kidney or heart failure leading to death
- Long-term health effects:
 - Long-lasting confusion, problems with attention, memory and sleep
 - Anxiety, impulsiveness and aggression
 - Loss of appetite
 - Loss of interest in sex

There are many other abused drugs, and the University encourages any student, faculty or staff member that may have questions about the effects of these drugs to consult www.drugabuse.gov.

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Local Substance Abuse Treatment Centers

- Council on Addiction Recovery Services (CAREs) - <http://www.councilonaddiction.org/>
 - Provides outpatient and residential counseling, prevention, employee living-skills and family intervention training.
 - Olean Office - 716-373-4303
- Allegany Council on Alcoholism and Substance Abuse, Inc. - alleganycouncil.org
 - Provides personal and group therapy, co-dependency treatment, relapse prevention programming and family counseling.
 - Wellsville Office - 585-593-1920
 - Cuba Satellite - 716-968-1482
- Brylin Hospital – www.brylin.com
 - Provides out-patient substance use disorder treatment and drug addiction care
 - Buffalo Office—Phone 716-633-1927

Local Alcoholics Anonymous Meetings

For information about open and closed Alcoholics Anonymous meetings in the area, please call Alcoholics Anonymous at 372-4800, or go to www.alcoholicsanonymous.com/aa-meeting/n-v-penn-intergroup

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Telephone Hotlines

Alcohol Hotline	1-800-ALCOHOL
Drug Abuse Hotline	1-800-522-5353
Drug Help Line	1-800-662-HELP
Drug Treatment Information	1-800-522-4369
AIDS Hotline	1-800-541-2437
HIV Testing.....	1-800-962-5064
Sexually Transmitted Diseases.....	1-800-227-8922
Domestic Violence	1-800-942-6906
* 24-Hour Crisis Hotline (Olean General).....1-800-339-5209	

Web Sites Available to Problematic Users

Council on Addiction Recovery Services

<http://www.councilonaddiction.org/>

Phoenix House

<http://factsontap.org>

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

<http://www.niaaa.nih.gov>

National Institute on Drug Abuse (NIDA)

<http://www.nida.nih.gov>

US Department of Health and Human Services and SAMHSA's National Clearinghouse for Alcohol and Drug Information

<http://www.samhsa.gov/>

NY Quits (Free smoking cessation resources)

<http://www.nysmokefree.com/newweb/default.aspx>

Guided Self-Change Program (NSU):

<http://www.nova.edu/gsc/>

SMART Recovery

<http://www.smartrecovery.org/>

Rational Recovery:

<http://www.rational.org/>

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