



Student Wellness
STUDENT HEALTH CENTER
SAM HOUSTON STATE UNIVERSITY

ANNUAL NOTIFICATION



@shsuwellness



@shsuwellness



/shsuwellness



shsu.edu/ohp



936-294-2653



studentwellness@shsu.edu



Rec Center – Suite 115

What Is It?

The *Drug Free Schools and Communities Act* and the Education Department General Administration Regulations policy requires SHSU to adopt and implement programs “to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by all students and employees on school premises or as part of any of its activities” (EDGAR Part 86, Subpart A 86.3).

The Annual Notification includes required reporting of:

- The health risks associated with the use of alcohol and drugs.
- Standards of conduct regarding the use and prohibition of alcohol and drugs for students and employees.
- Disciplinary sanctions and penalties for the violations of illicit behavior concerning alcohol and drugs at the school, state, and federal level.
- Campus resources to assist current students and employees.

General University Policy

The possession and consumption of alcoholic beverages on any property owned and/ or controlled by SHSU are prohibited except where permitted explicitly by published policies. The legal age for the purchase, consumption and/ or possession of alcoholic beverages in the state of Texas is 21. Violators of this state law and university policy will be subject to university penalties and criminal charges. The SHSU PD is responsible for the enforcement of state underage drinking laws.

Sponsoring organizations of events where alcoholic beverages are to be served in special use buildings or other designated facilities are required to complete a “Alcoholic Beverage Service Request” Form. The completed form will authorize the service of alcoholic beverages in conjunction with a scheduled special event. The form requires the approval signature of several university administrators including the university president; therefore, the request should be initiated at least fifteen (15) business days in advance of the event. SHSU prohibits the illegal drugs on campus. The SHSU PD is responsible for the enforcement of Federal and State drug laws.

Standards of Conduct

Students. Any student who is found to have illegally possessed, used, sold or distributed any drug, narcotic, or controlled substance, whether it occurred on or off campus, shall be subject to disciplinary penalties as defined in the Student Code of Conduct.

Employees. SHSU has a [Drug-Free Workplace Policy](#) that prohibits the unlawful possession, use, or distribution of drugs and alcohol by employees on university property or as any part of the university which could result in disciplinary probation, demotion, suspension without pay, or termination, depending on the situation.

Dean of Students ([Student Code of Conduct](#))

Policies

- Committing an act that would constitute a criminal offense under state, federal or municipal law
- Violating any published university policy
- Possessing, using, or distributing alcoholic/intoxicating beverages in a manner that violates TSUS or university policies or that would constitute an offense under appropriate federal, state, or municipal law
- Possessing, using, selling, or distributing any illegal drug or controlled substance
- Violating a published university policy governing residence life or breaching a Housing and Residential Life contract
- Possessing, using, or distributing tobacco, tobacco substitute, nicotine, or smoking-related products in a manner that violates TSUS or university policies or that would constitute an offense under appropriate federal, state or municipal law

Disciplinary Penalties

- Written warning
- Restricted privileges – denial or restriction of one or more university privileges granted to students (e.g., parking privileges, dining facility privileges, etc.).
- Special project, such as writing an essay or attending a specific class or lecture
- Restitution
- Cancellation of residence hall contract
- Disciplinary probation
- Withholding an official transcript or degree
- Cancellation of pre-registered courses, prohibition against readmission or restriction from pre-registration
- Denial or non-recognition of degree
- Loss of or ineligibility for a student grant or loan
- Deferred suspension
- Suspension
- Expulsion from the university

Residence Life, ([Residence Life Handbook](#))

Alcohol

Containers. Bottles, cans and any other container packaged as an alcoholic beverage container may not be displayed in student rooms/apartments. Alcoholic beverage containers will be destroyed immediately. Empty alcohol containers should not be displayed or used as a decorative item at any time. Rationale: University officials can't determine when alcohol has been consumed when there are empty "open" containers in a room/apartment. Any minor that is present while there are open container(s) present is in violation of the University alcohol policy and can be found in violation of state law. Any occupant of the room/apartment that is 21 years of age or older can be issued a ticket for "contributing to a minor" if there are open containers present while minors are in the room/apartment.

Minors. The possession or consumption of alcoholic beverages by persons under the legal age of 21 is strictly prohibited. If both residents of a room/apartment are under 21 years of age, no alcohol may be consumed or possessed in that room/apartment. If both residents of a room/apartment are under 21 years of age, there can never be alcohol containers in the room/apartment, even if they are empty.

21 years of age and up. The possession and consumption of alcoholic beverages on any property owned and/or controlled by [SHSU] is limited to individual student residence hall rooms/apartments and areas specified in other published alcoholic beverage policies. Students of legal age who choose to consume alcohol in their rooms/apartments must keep their door closed.

Violations. The University Police Department will be called during every alcohol incident/violation. If an alcohol violation takes place in a residence hall room or apartment, the occupants of that room/apartment will be fined \$100.00 for providing a habitat for illegal alcohol consumption and/or violation of the Residence Life Alcohol Policy. Residence Life policies, and local and state laws with respect or application to the possession and consumption of alcoholic beverages will be strictly enforced, and the individuals in violation will be subject to University discipline, fines, and/or civil charges.

Drugs

A student who, by a preponderance of the evidence, under these rules and regulations, is found to have illegally possessed, used, sold or distributed any drug, narcotic, or controlled substance, whether the infraction is found to have occurred on or off campus, will have their housing contract terminated and will be referred immediately to the Office of Student Life for disciplinary action.

Possession of drug paraphernalia (such as bongos, hookahs, water pipes, rolling papers, etc.) will result in the termination of their housing contract and referral to the Dean of Students for disciplinary action. Any resident

who has misused, abused or has been “under the influence” of a particular drug or product “regardless of legality” with the intent purpose to become intoxicated or “high”, will be in violation of the Residence Life Drug Policy and will be disciplined accordingly.

Residence Life reserves the right to require residents to be drug tested (at the resident’s cost) based on the resident’s involvement in the drug related incident. Students should be aware that an amendment to the Family Rights and Privacy Act (Warner Amendment) allows University officials the option to contact parents of students who are under 21 and are found to be in violation of SHSU policies and/or laws of the State of Texas concerning the possession, use, sale or distribution of any drug, narcotic or controlled substance.

Student Wellness

Students who violate the university alcohol policy will be referred to Student Wellness to complete an educational component as part of the sanction process through the Dean of Students’ Office or Residence Life. For a first offense, students will complete a 2-hour alcohol education program; for a second offense, students will complete a 2-part one-on-one BASICS session with Student Wellness staff.

Texas Online Alcohol Awareness & SHARP Program.

Students who are mandated to complete the Texas State alcohol education program by a judge for alcohol policy violations (e.g., minor in possession or public intoxication) are provided the option to complete the Texas Online Alcohol Awareness program or The Sam Houston Alcohol Referral Program (SHARP). Both programs are a six hour-long, state-approved Alcohol Awareness program that utilizes the Alcohol Education Program for Minors curriculum from the Texas Department of State Health Services.

Texas 911 Lifeline Legislation

This legislation allows for amnesty consideration for criminal citations for those seeking lifesaving medical attention in relation to the result of illegal action of possession or consuming alcohol as a minor.

Be A Good SAM

Good SAM is SHSU’s Good Samaritan program. Sometimes, when potentially harmful or dangerous situations occur that involve alcohol or drugs, people may be reluctant to call for help. This is often because of a fear that they can face consequences for something they shouldn’t have been doing. With the Good SAM program, current SHSU students may be granted amnesty and avoid disciplinary action when they call for help during a suspected medical emergency related to illegal consumption of alcohol or drugs.

To be considered for amnesty, you must:

- Be the first person to call for help;
- Remain with the person and provide help as able until medical assistance arrives; and
- Cooperate with emergency and/or law enforcement personnel on the scene.

A student who has followed the above protocol will be referred to the Dean of Students Office to investigate the reported situation and determine if amnesty from disciplinary action will be granted. Students granted amnesty will still be required to participate in an educational component and will be referred to Student Wellness for this. If the student does not complete the required educational component, they will be referred back to the Dean of Students Office for formal disciplinary action.

The Be a Good SAM program only refers to on-campus disciplinary sanction, not criminal penalties from law enforcement. For more information, please review the Texas 911 Lifeline legislation in this document.

In the case of alcohol poisoning or drug overdose, contact EMS immediately!

- On campus: call 4-1000
- Off-campus: dial 911

Tobacco

SHSU endorses a smoke-free and tobacco-free environment and prohibits the use of tobacco products oncampus. These products include cigarettes, cigars, pipes, smokeless tobacco, and all other tobacco products. This policy extends to all faculty, staff, students, and visitors

The ban also includes electronic cigarettes and/or vaping.

Associated Health Risks and Effects of Alcohol and Drugs, (NIH, 2020)

Alcohol (Ethyl Alcohol)		
	Administration	Immediate Effects
Found in beer, wine, and liquor	Swallowed	<i>In low doses:</i> euphoria, mild stimulation, relaxation, and lowered inhibitions. <i>In higher doses:</i> drowsiness, slurred speech, nausea, emotional volatility, loss of coordination, visual distortions, impaired memory, sexual dysfunction, and loss of consciousness.
Health Risks	Increased risk of injuries, violence, fetal damage (in pregnant women), depression, neurologic deficits, hypertension, liver and heart disease, addiction, and fatal overdose	
Marijuana		
	Administration	Immediate Effects
Blunt, dope, ganja, grass, herb, joint, bud, Mary Jane, pot, reefer, green, trees, smoke, skunk, weed, edibles, mota, hierba	Smoked, Vaped or Swallowed	Enhanced sensory perception and euphoria followed by drowsiness/relaxation; slowed reaction time; problems with balance and coordination; increased heart rate and appetite. THC vaping products mixed with the filler Vitamin E acetate (and possibly other chemicals) has led to serious lung illnesses and deaths.
Health Risks	Panic attacks, psychosis, cough, frequent respiratory infections, possible mental health decline, and addiction	
Nicotine		
	Administration	Immediate Effects
Found in cigarettes, cigars, bidis, and smokeless tobacco	Smoked, Snorted, Chewed, Vaped	Mild euphoria and relaxation. Increased blood pressure, breathing, and heart rate. Vaping products: Some are mixed with the filler Vitamin E acetate and other chemicals, leading to serious lung illnesses and deaths.
Health Risks	Greatly increased risk of cancer, especially lung cancer when smoked and oral cancers when chewed. Chronic bronchitis, emphysema, heart disease, cataracts, and pneumonia.	
Fentanyl		
	Administration	Immediate Effects
Fent, Fenty, Apache, King Ivory, Blue diamond, snowflake, tango and cash, murder 8	Swallowed, snorted, smoked, injected, transdermal patch	Feelings of exhilaration, drowsiness, nausea, confusion, constipation, sedation, problems breathing, unconsciousness.
Health Risks	Paranoia, violent behavior, psychosis, weight loss, insomnia, cardiovascular complications, stroke, seizures, brain damage, addiction, overdose, and death.	
Xylazine		
	Administration	Immediate Effects
Tranq, Tranq dope, Zombie	Injected, smoked, or snorted	Euphoria, sedation, difficulty breathing, low blood pressure, slow heart rate
Health Risks	Skin ulcers, abscesses, stroke, seizures, brain damage, addiction, amnesia, overdose, and death.	
Inhalants		
	Administration	Immediate Effects

Solvents: paint thinners, gasoline, and glues Gases: butane, propane, aerosol propellants, and nitrous oxide Nitrites: isoamyl, isobutyl, Cyclohexyl, laughing gas, poppers, snappers, and whippets	Inhaled through nose to mouth	Cramps, muscle weakness, and unconsciousness Also, varies by chemical: Stimulation, loss of inhibition, headache, nausea or vomiting, slurred speech, loss of motor coordination, and wheezing
Health Risks	Depression, memory impairment, sudden death, and damage to cardiovascular and nervous systems	
Amphetamine		
Other Names	Administration	Immediate Effects
Biphentamine, Dexedrine: bennies, black beauties, crosses, hearts, LA turnaround, speed, truck drivers, uppers	Swallowed, snorted, smoked, or injected	Feelings of exhilaration, increased energy, mental alertness, tremors, reduced appetite, irritability, anxiety, panic, and increased heart rate, blood pressure, body temperature, and metabolism
Health Risks	Paranoia, violent behavior, psychosis, nasal damage from snorting, weight loss, insomnia, cardiac or cardiovascular complications, stroke, seizures, and addiction	
Methamphetamine		
Other Names	Administration	Immediate Effects
Desoxyn: meth, ice, crank, chalk, crystal, fire, glass, go fast, speed	Swallowed, snorted, smoked, or injected	Feelings of exhilaration, increased energy, mental alertness, tremors, reduced appetite, irritability, anxiety, panic, and increased heart rate, blood pressure, body temperature, and metabolism
Health Risks	Paranoia, violent behavior, psychosis, nasal damage from snorting, severe dental problems, weight loss, insomnia, cardiac or cardiovascular complications, stroke, seizures, and addiction	
Heroin		
Other Names	Administration	Immediate Effects
Diacetylmorphine: smack, horse, brown sugar, dope, H, junk, skag, skunk, white horse, China white, and cheese (with OTC cold medicine and antihistamine)	Injected, smoked, or snorted	Euphoria, drowsiness, impaired coordination, dizziness, confusion, nausea, sedation, feeling of heaviness in the body, slowed or arrested breathing, and constipation
Health Risks	Endocarditis, hepatitis, HIV, addiction, and fatal overdose	
Anabolic Steroids		
Other Names	Administration	Immediate Effects
Anadrol, Oxandrin, Durabolin, Depo-Testosterone Equipoise: roids, juice, gym candy, and pumpers	Injected, swallowed, or applied to skin	Builds muscles and improves athletic performance. Acne and no intoxication effects.

Health Risks	Hostility, aggression, hypertension, blood clotting, cholesterol changes, and liver cysts <i>In adolescents:</i> premature stoppage of growth <i>In males:</i> prostate cancer, reduced sperm production, shrunken testicles, and breast enlargement <i>In females:</i> menstrual irregularities and development of beard and other masculine characteristics		
Ketamine			
Other Names	Administration	Immediate Effects	
Ketalar SV: Cat Valium, K, Special K, and Vitamin K	Injected, smoked, or snorted	Anxiety, tremors, numbness, memory loss, nausea, feelings of being separate from one's body and environment, impaired motor function, and analgesia	
Health Risks	Impaired memory, delirium, death, respiratory depression, and arrest		
Cocaine			
Other Names	Administration	Immediate Effects	
Cocaine hydrochloride: blow, bump, C, candy, Charlie, coke, crack, flake, rock, snow, toot, base, <i>pase</i> , <i>perrico</i> , and <i>hielo</i>	Smoked, snorted, or injected	Feelings of exhilaration, increased energy, mental alertness, reduced appetite, irritability, weight loss, insomnia, and increased heart rate, blood pressure, body temperature, and metabolism	
Health Risks	Tremors, cardiac or cardiovascular complications, anxiety, panic, paranoia, violent behavior, psychosis, nasal damage from snorting, stroke, seizures, and addiction		
Designer Drugs			
Name	Other Names	Administration	Effects and Health Risks
MDMA	Ecstasy, Adam, clarity, Eve, lover's speed, Molly, X, peace, and uppers	Swallowed or snorted	Mild hallucinogenic effects, increased tactile sensitivity, empathic feelings, lowered inhibition, anxiety, chills, sweating, teeth clenching, muscle cramping, depression (high risk for suicide), sleep and appetite problems, problems with attention and memory, impulsivity, aggression, and less interest in sex.
Synthetic Cathinones	Bath Salts, Bloom, Cloud Nine, Cosmic Blast, Flakka, Ivory Wave, Lunar Wave, Scarface, Vanilla Sky, and White Lightning	Swallowed, snorted, or injected	Euphoria, increased sociability and sex drive, paranoia, agitation, hallucinations, psychotic and violent behavior, nosebleeds, sweating, nausea, vomiting, insomnia, irritability, dizziness, depression, suicidal thoughts, panic attacks, reduced motor control, cloudy thinking, increased heart rate and blood pressure, risk of HIV and hepatitis from shared needles, breakdown of skeletal muscle tissue, kidney failure, and death.
Synthetic Cannabinoids	K2, Spice, Black Mamba, Bliss, Bombay Blue, Fake Weed, Fire, Genie, Moon Rocks, Skunk, Smacked, Yucatan, and Zohai	Smoked or swallowed (brewed as tea)	Increased heart rate, vomiting, agitation, confusion, hallucinations, anxiety, paranoia, heart attack, increased blood pressure, and reduced blood supply to the heart

Legal Penalties

Penalties Under Texas Law				
Offense/Authority	Minimum Punishment		Maximum Punishment	
Manufacture or delivery of controlled substances (drugs)	Sentence of 2 years to 10 years		Sentence of 20 to 99 years and a fine of >\$500,000	
Delivery and Possession of Marijuana	Sentence not to exceed 180 days, and a fine of >\$1,000		15 to 99 years or less than 15 years and a fine of >\$250,000	
Driving while intoxicated (includes intoxication from alcohol, drugs, or both)	Sentence of 72 hours to 2 years, and a fine of \$100-\$2,000		Sentence of 30 days to 2 years, or TDC for a term of 60 days to 5 years, and a fine of \$500-\$2,000	
Public intoxication	Fine of \$25-\$200		A fine of >\$200	
Purchase of alcohol by a minor			A fine of \$200-\$500	
Consumption of alcohol by a minor	Fine of \$25-\$200		A fine of \$100-\$500	
Possession of alcohol by a minor	Fine of \$25-\$200		A fine of \$100-\$500	
Penalties Under Federal Law				
Offense/Authority	Minimum Punishment		Maximum Punishment	
Manufacture, distribution or dispensing drugs (including marijuana)	Imprisonment term not to exceed 1 year and minimum fine of \$1,000		Life imprisonment without release (not eligible for parole) and a fine of \$800,000 (for an individual) to \$20,000,000 (other than individual)	
Possession of drugs (including marijuana)	Imprisonment for not less than 1 year and a fine of not more than \$1,000		Imprisonment for not more than 20 years or less than 5 years, and a fine of not less than \$5,000 plus costs of investigation and prosecution	
Operation of a Common Carrier under the influence of alcohol or drugs	Imprisonment for not less than 1 year		Imprisonment for up to 15 years, and a fine not to exceed \$250,000	
Federal Tracking Penalties				
Drug/Schedule	Quantity	Penalties	Quantity	Penalties
Cocaine (Schedule II)	50-4999 gm mixture	First Offense: Not less than 5 yrs, and not more than 40 yrs. If death or serious injury, not less than 20 or more than life. Fine of not more than \$5 million if an individual, \$25 million if not an individual. Second Offense: Not less than 10 yrs, and not more than life. If death or serious injury, life imprisonment. Fine of not more than \$8 million if an individual, \$50 million if not an individual.	5 kg< mixture	First Offense: Not less than 10 yrs, and not more than life. If death or serious injury, not less than 20 or more than life. Fine of not more than \$10 million if an individual, \$50 million if not an individual. Second Offense: Not less than 20 yrs, and not more than life. If death or serious injury, life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual. 2 or More Prior Offenses: Life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual.
Cocaine Base (Schedule II)	28-279 gm mixture		280 gm< mixture	
Fentanyl (Schedule II)	40-399 gm mixture		400 gm< mixture	
Fentanyl Analogue (Schedule I)	10-99 gm mixture		100gm< mixture	
Heroin (Schedule I)	100-999 gm mixture		1 kg< mixture	
LSD (Schedule I)	1-9 gm mixture		10 gm< mixture	
Methamphetamine (Schedule II)	5-49 gm pure or 50-499 gm mixture		50 gm< pure or 500 gm< mixture	
PCP (Schedule II)	10-99 gm pure or 100-999 gm mixture	100 gm< pure or 1 kg< mixture		

Resources for Employees

The Texas State University System group health insurance program provides for treatment of drug and alcohol abuse for all benefits eligible employees. The Human Resources Department will provide assistance to employees seeking treatment for drug or alcohol abuse.

SHSU Human Resources Department
Address: John W. Thomason Building
1831 University Ave, Suite 202
Telephone: (936) 294-1070

Campus Resources for Students

SHSU Counseling Center. The SHSU Counseling Center offers confidential treatment, education, and referrals to students who are currently enrolled. The Counseling Center is staffed by licensed psychologists, post-doctoral residents and graduate trainees and provides a range of services including individual counseling, group counseling, couples counseling, and outreach/preventive education presentations. Staff members are also available to assist students in a crisis situation.

Counseling groups that may be beneficial if you are struggling with alcohol or drug abuse are expressive arts, self-compassion and mindfulness, and understanding self and others. More information, including the times group counseling are offered, can be found on the Counseling Center website.

Website: <http://shsu.edu/dept/counseling/>
Telephone: 936-294-1720
Address: 1608 Avenue J, Huntsville, TX 77340

Psychological Services Center (PSC). The PSC is staffed by students in the clinical psychology doctoral training program housed within the Department of Psychology and Philosophy at SHSU. All students and clinical activities are closely supervised by licensed psychologist who are faculty or staff at SHSU. The PSC strives to provide psychological services for individuals and families who are underserved in the Huntsville community and the greater east Texas region. Clients are billed according to their income and other factors that influence their ability to pay for services.

Website: <http://www.shsu.edu/academics/psychology-and-philosophy/psychology/psychological-services-center/index.html>
Telephone: (936) 294-1210
Address: 1528 Avenue J, Huntsville, TX 77340

Jack Staggs Counseling Clinic. The Jack Staggs Counseling Clinic is staffed by master's and Doctoral level students in the SHSU Department of Counselor Education program. Counselor education faculty supervise all counseling sessions provided by counselors-in-training. The Counseling Clinic offers counseling services to students and to the community.

Website: [Jack Staggs Counseling Clinic \(shsu.edu\)](http://shsu.edu/jackstaggs)
Telephone: (936) 294-1121
Address:
1932 Bobby K. Marks Dr., Huntsville, TX
77341
3380 College Park Dr, Conroe, TX 77384

SHSU Student Wellness. The Student Wellness office serves to educate and inform the SHSU community about health and well-being. Student Wellness works proactively with the Student Health Center and continuously has events, programs, and tabling events where students can get information on drugs and alcohol. In addition, we provide education to residence halls, student organizations, and classes on the dangers of alcohol and drug abuse and tips on responsible alcohol use.

Email: studentwellness@shsu.edu
Website: www.shsu.edu/ohp
Telephone: (936) 294-2653
Address: 801 Bowers Blvd, Ste
115
in the Recreational Sports Center

Timely Care. Timely Care is an online, app-based program that provides an on-demand 24/7 support line (TalkNow), counseling, health coaching, and self-care resources. Students may find access to substance use support through Timely Care. This service also provides a peer community through which students may connect and find support from other students who are experiencing the same challenges.

Website: timelycare.com/shsu