

Drug and Alcohol Abuse Prevention Program

University of Wisconsin Colleges

The University of Wisconsin Colleges is committed to the success of our students and employees. To this end, we are committed to providing a safe learning and employment environment. The illegal use or misuse of alcohol and drugs have no legitimate place on our campus and is prohibited. For our students and employees who may suffer from the illegal use or misuse of alcohol and drugs, we want to provide opportunities to receive education and services to assist in overcoming or preventing addiction and/or misuse.

The Drug-Free Schools and Communities Act requires institutions of higher education to adopt and implement programs to “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)” As part of this initiative, institutions of higher education are required to provide annual notification to all students and employees regarding the institutions Drug and Alcohol Abuse Prevention Programs. The annual notification must contain the following:

1. Standards of Conduct
2. Legal sanctions under federal, state or local laws for the unlawful possession or distribution of illicit drugs and alcohol
3. Health risks associated with the abuse of alcohol or the use of illicit drugs
4. Drug and alcohol programs available
5. A statement that the institution will impose disciplinary sanctions on students and employees who violate the standards of conduct and a description of those sanctions

The University of Wisconsin Colleges is pleased to share this important information with its students and employees. This document will be reviewed for accuracy on an on-going basis. Every two years, the University of Wisconsin Colleges administration will conduct a review of this program and its effectiveness.

Standards of Conduct and Disciplinary Sanctions

The University of Wisconsin System and the University of Wisconsin Colleges prohibits the unlawful possession, use, distribution, manufacturing, or dispensing of illicit drugs and alcohol by students, employees, and guests. In addition, the use, possession, and distribution of alcoholic beverages on UW Colleges campuses or at university activities is prohibited unless permitted by the chief administrative officer or in established campus or institutional regulations.

The State of Wisconsin governs age restrictions for the lawful consumption of alcohol. The State of Wisconsin’s definition of controlled substances can be found in [CH. 961, Wis. Stat.](#) University of Wisconsin System policies regarding drugs and drug paraphernalia can be found at [Chapter UWS 18.09 \(2-3\)](#) and [Chapter UWS 18.15 \(1\)](#). The University of Wisconsin System’s policy on alcohol can be found at [Chapter UWS 18.09](#). It is important to note that Students and Employees are subject to both institutional sanctions and to criminal sanctions provided by the federal, state, and local law.

Student Disciplinary Sanctions

The unlawful possession, use, distribution, manufacturing, or dispensing of illicit drugs and alcohol are offenses which are subject to disciplinary action, up-to and including expulsion, at the University of Wisconsin Colleges. A student who is found responsible for violating these policies will be assigned appropriate disciplinary sanctions. The University of Wisconsin System has a clearly defined Student Non-Academic Disciplinary Procedures: [Chapter UWS 17](#). Under [Chapter UWS 17.10](#), the University of Wisconsin System outlines the possible sanctions a student may be assigned. It is important to note that one or more of these sanctions can be assigned and could include mandated AOD counseling. The sanctions include:

- A written reprimand
- Denial of specified university privileges
- Payment of restitution
- Educational or service sanctions, including community service
- Disciplinary probation
- Imposition of reasonable terms and conditions on continued student status
- Removal from a course in progress
- Enrollment restrictions on a course or program
- Suspension
- Expulsion

At the University of Wisconsin Colleges, the [Office of Conduct and Compliance](#) has oversight of student discipline.

Employee Disciplinary Sanctions

The unlawful possession, use, distribution, manufacturing, or dispensing of illicit drugs and alcohol are offenses in which employees are subject to disciplinary action, up-to and including termination, if these violations take place on university property, university activities, at an off-campus work site, or during the employees work hours. An employee may be referred to an appropriate counseling and/or treatment program. Procedures for employee discipline vary by employment status. These policies include:

- UWS Chapter 4: Dismissal Faculty
(<https://docs.legis.wisconsin.gov/code/register/2016/726B/insert/uws4>)
- UWS Chapter 6: Complaints and Grievances
(https://docs.legis.wisconsin.gov/code/admin_code/uws/6)
- UWS Chapter 7: Faculty (special) Dismissal
(<https://docs.legis.wisconsin.gov/code/register/2016/726B/insert/uws7>)
- UWS Chapter 11: Academic Staff Dismissal
(<https://docs.legis.wisconsin.gov/code/register/2016/724B/insert/uws11>)
- UPS Operational Policies (university staff):
<https://www.wisconsin.edu/ohrwd/download/policies/ops/gen0.pdf>

At the University of Wisconsin Colleges, the [Office of Human Resources](#) has oversight of employee discipline.

The University of Wisconsin Colleges offers a confidential Employee Assistance Program through FEI. FEI is available 24/7 by calling (866) 274-4723 or visiting their [website](#). Username is SOWI. Employees are encouraged to utilize these services.

Legal Sanctions

Federal

Alcohol

In the United States, the Bureau of Alcohol, Tobacco, and Firearms enforces all federal alcohol laws; including the Interstate Transport in Aid of Racketeering or [18 U.S.C.](#) The Federal Government's primary law governing alcohol policy is the 21st Amendment. The 21st Amendment repealed national prohibition and gave States the right to determine policy regarding the sale, importing, distribution, and possession of alcohol for the State. Under the Federal Uniform Drinking Age Act of 1984, Congress set the minimum legal drinking age to 21 and at this time every State abides by that standard. More information can be found on the [NIH website](#). Another resource for Alcohol-related policies in the United States can be found on the [Alcohol Policy Information System](#).

Illicit Drugs

The Drug Enforcement Agency publishes the "Drugs of Abuse" handbook. The most current edition was released in 2017 and can be found [here](#). This handbook contains information regarding the Controlled Substance Act, U.S. Chemical Control, descriptions of different drugs, and resources. It also includes the penalties for violating federal drug trafficking laws.

It is important to note that penalties can differ depending on the type of drug, the amount, the criminal history of the alleged offender, and other circumstances. Not every case is the same nor will it have the same consequences. The Drug Abuse Prevention and Control under [Title 21 U.S.C.](#) offers information on penalties of drug laws.

Federal Trafficking Laws are as follows:

FEDERAL TRAFFICKING PENALTIES

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

FEDERAL TRAFFICKING PENALTIES—MARIJUANA

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

*The minimum sentence for a violation after two or more prior convictions for a felony drug offense have become final is a mandatory term of life imprisonment without release and a fine up to \$20 million if an individual and \$75 million if other than an individual.

State of Wisconsin

Alcohol

The State of Wisconsin follows the Federal Uniform Drinking Age Act of 1984. Individuals must be 21 years of age or older to drink alcohol. [Chapter 125](#) of the Wisconsin State Legislature outlines policies and penalties regarding Alcohol Beverages. Some important highlights include:

- [Prohibition](#) of the Sale of alcohol to those who are underage
- [Restrictions](#) of sales to intoxicated persons
- [Responsibilities](#) regarding sales and distribution of alcohol; including providing for underage persons
- [“Amnesty”](#) Information regarding emergency assistance
- [Proof of Age](#) standards and penalties

Penalties include, but are not limited to: fines, loss of license and other privileges, work programs, probation, and/or imprisonment.

[Chapter 346.63](#) of the Wisconsin State Legislature outlines the State of Wisconsin’s operating a vehicle under the influence of an intoxicant or other drug and the penalties outlined for violations of this statute.

Illicit Drugs

The State of Wisconsin’s list of offenses and penalties can be found in [CH. 961, Wis. Stat.](#) Some highlights include:

- [Prohibition](#) of manufacturing, distribution, or delivery of a controlled substance
 - Schedule I and II narcotic drugs is a Class E felony
 - Schedule I, II, and III nonnarcotic drugs is a Class H felony
- [Possession](#) with intent to manufacture, distribute or deliver a controlled substance
- [Locational](#) offenses and penalties
- [Immunity](#) guidelines for aiding a person in crisis
- [Treatment](#) Options

Penalties include, but are not limited to: fines, forfeitures, loss of license and other privileges, treatment, probation, and/or imprisonment.

Local

Local Law Enforcement has the jurisdiction to issue underage drinking citations, false ID citations, etc. These citations typically are adjudicated through the county courthouse and decisions are binding. Typical penalties include, but are not limited to, fines and deferment courses. The University of Wisconsin Colleges does not have a Police Force, so community police will be called if needed.

Health Risks

Alcohol

The National Institute on Drug Abuse released a [Commonly Abused Drugs](#) document which includes information on alcohol abuse, addiction, health effects, and common treatment plans. From the document: “People drink to socialize, celebrate, and relax. Alcohol often has a strong effect on people—and throughout history, people have struggled to understand and manage alcohol’s power. Why does alcohol cause people to act and feel differently? How much is too much? Why do some people become addicted while others do not? The National Institute on Alcohol Abuse and Alcoholism is researching the answers to these and many other questions about alcohol. Here’s what is known:

Alcohol’s effects vary from person to person, depending on a variety of factors, including:

- How much you drink
- How often you drink
- Your age
- Your health status
- Your family history

While drinking alcohol is itself not necessarily a problem, drinking too much can cause a range of consequences, and increase your risk for a variety of problems. Drinking too much – on a single occasion or over time – can take a serious toll on your health.”

Here are some potential [consequences](#) of drinking too much according to the National Institute for Alcohol and Abuse and Alcoholism:

- Economic Burdens
- Job Insecurity
- Family Issues
- Lower Academic Success
- Health Problems
- Effects on pregnancy
- Addiction
- Driving Fatalities
- Death

Here’s how alcohol can affect your body as directly published on the National Institute for Alcohol and Abuse and Alcoholism [website](#):

Brain:

Alcohol interferes with the brain’s communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.

Heart:

Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including:

- Cardiomyopathy – Stretching and drooping of heart muscle
- Arrhythmias – Irregular heart beat
- Stroke
- High blood pressure

Liver:

Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including:

- Steatosis, or fatty liver
- Alcoholic hepatitis
- Fibrosis
- Cirrhosis

Pancreas:

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

Immune System:

Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Drinking a lot on a single occasion slows your body's ability to ward off infections – even up to 24 hours after getting drunk.

Cancer:

Source: National Cancer Institute -- see <https://www.cancer.gov/about-cancer/causes-prevention/risk/alcohol/alcohol-fact-sheet>:

Based on extensive reviews of research studies, there is a strong scientific consensus of an association between alcohol drinking and several types of cancer. In its Report on Carcinogens, the National Toxicology Program of the US Department of Health and Human Services lists consumption of alcoholic beverages as a known human carcinogen. The research evidence indicates that the more alcohol a person drinks—particularly the more alcohol a person drinks regularly over time—the higher his or her risk of developing an alcohol-associated cancer. Based on data from 2009, an estimated 3.5 percent of all cancer deaths in the United States (about 19,500 deaths) were alcohol related.

Clear patterns have emerged between alcohol consumption and the development of the following types of cancer:

Head and neck cancer: Alcohol consumption is a major risk factor for certain head and neck cancers, particularly cancers of the oral cavity (excluding the lips), pharynx (throat), and larynx (voice box). People who consume 50 or more grams of alcohol per day (approximately 3.5 or more drinks per

day) have at least a two to three times greater risk of developing these cancers than nondrinkers. Moreover, the risks of these cancers are substantially higher among persons who consume this amount of alcohol and also use tobacco.

Esophageal cancer: Alcohol consumption is a major risk factor for a particular type of esophageal cancer called esophageal squamous cell carcinoma. In addition, people who inherit a deficiency in an enzyme that metabolizes alcohol have been found to have substantially increased risks of alcohol-related esophageal squamous cell carcinoma.

Liver cancer: Alcohol consumption is an independent risk factor for, and a primary cause of, liver cancer (hepatocellular carcinoma). (Chronic infection with hepatitis B virus and hepatitis C virus are the other major causes of liver cancer.)

Breast cancer: More than 100 epidemiologic studies have looked at the association between alcohol consumption and the risk of breast cancer in women. These studies have consistently found an increased risk of breast cancer associated with increasing alcohol intake. A meta-analysis of 53 of these studies (which included a total of 58,000 women with breast cancer) showed that women who drank more than 45 grams of alcohol per day (approximately three drinks) had 1.5 times the risk of developing breast cancer as nondrinkers (a modestly increased risk). The risk of breast cancer was higher across all levels of alcohol intake: for every 10 grams of alcohol consumed per day (slightly less than one drink), researchers observed a small (7 percent) increase in the risk of breast cancer. The Million Women Study in the United Kingdom (which included more than 28,000 women with breast cancer) provided a more recent, and slightly higher, estimate of breast cancer risk at low to moderate levels of alcohol consumption: every 10 grams of alcohol consumed per day was associated with a 12 percent increase in the risk of breast cancer.

Colorectal cancer: Alcohol consumption is associated with a modestly increased risk of cancers of the colon and rectum. A meta-analysis of 57 cohort and case-control studies that examined the association between alcohol consumption and colorectal cancer risk showed that people who regularly drank 50 or more grams of alcohol per day (approximately 3.5 drinks) had 1.5 times the risk of developing colorectal cancer as nondrinkers or occasional drinkers. For every 10 grams of alcohol consumed per day, there was a small (7 percent) increase in the risk of colorectal cancer.

Tobacco

While not an illicit drug, tobacco use does have an impact on our health. The National Institute on Drug Abuse included in the [Commonly Abused Drugs](#) document information on tobacco use, addiction, health effects, and common treatment plans. From the document:

Tobacco				
Plant grown for its leaves, which are dried and fermented before use.				
Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
None	Multiple brand names	cigarettes, cigars, bidis, hookahs, smokeless tobacco (snuff, spit tobacco, chew)	Smoked, snorted, chewed, vaporized	Not Scheduled
Possible Health Effects				
Short-term	Increased blood pressure, breathing, and heart rate.			
Long-term	Greatly increased risk of cancer, especially lung cancer when smoked and oral cancers when chewed; chronic bronchitis; emphysema; heart disease; leukemia; cataracts; pneumonia.			
Other Health-related Issues	Pregnancy: miscarriage, low birth weight, stillbirth, learning and behavior problems.			
In Combination with Alcohol	Unknown.			
Withdrawal Symptoms	Irritability, attention and sleep problems, depression, increased appetite.			
Treatment Options				
Medications	<ul style="list-style-type: none"> ➤ Bupropion (Zyban®) ➤ Varenicline (Chantix®) ➤ Nicotine replacement (gum, patch, lozenge) 			
Behavioral Therapies	<ul style="list-style-type: none"> ➤ Cognitive-behavioral therapy (CBT) ➤ Self-help materials ➤ Mail, phone, and Internet quit resources 			

Illicit Drugs

The [National Institute on Drug Abuse](#) is an outstanding resource which provides a brief overview, street and clinical name, the effects of alcohol and drugs on your brain and body, statistics and trends regarding alcohol and drug use, and shares important research and other publications.

The [Drugs of Abuse](#) publication contains excellent information regarding specific drugs and the effects it has on the mind, body, overdoses, and risk of dependence.

The National Institute on Drug Abuse released a [Commonly Abused Drugs](#) document which includes information on the different type of drugs, addiction, health effects, and common treatment plans. Below is the information from this document regarding some of the more commonly used drugs on a college campus:

Central Nervous System Depressants				
Medications that slow brain activity, which makes them useful for treating anxiety and sleep problems.				
Street Names	Commercial Names (Common)	Common Forms	Common Ways Taken	DEA Schedule
Barbs, Phennies, Red Birds, Reds, Tooies, Yellow Jackets, Yellows	Barbiturates: pentobarbital (Nembutal [®])	Pill, capsule, liquid	Swallowed, injected	II, III, IV
Candy, Downers, Sleeping Pills, Tranks	Benzodiazepines: alprazolam (Xanax [®]), chlorodiazepoxide (Librium [®]), diazepam (Valium [®]), lorazepam (Ativan [®]), triazolam (Halcion [®])	Pill, capsule, liquid	Swallowed, snorted	IV
Forget-me Pill, Mexican Valium, R2, Roche, Roofies, Roofinol, Rope, Rophies	Sleep Medications: eszopiclone (Lunesta [®]), zaleplon (Sonata [®]), zolpidem (Ambien [®])	Pill, capsule, liquid	Swallowed, snorted	IV
Possible Health Effects				
Short-term	Drowsiness, slurred speech, poor concentration, confusion, dizziness, problems with movement and memory, lowered blood pressure, slowed breathing.			
Long-term	Unknown.			
Other Health-related Issues	Sleep medications are sometimes used as date rape drugs. Risk of HIV, hepatitis, and other infectious diseases from shared needles.			
In Combination with Alcohol	Further slows heart rate and breathing, which can lead to death.			
Withdrawal Symptoms	Must be discussed with a health care provider; barbiturate withdrawal can cause a serious abstinence syndrome that may even include seizures.			
Treatment Options				
Medications	There are no FDA-approved medications to treat addiction to prescription sedatives; lowering the dose over time must be done with the help of a health care provider.			
Behavioral Therapies	More research is needed to find out if behavioral therapies can be used to treat addiction to prescription sedatives.			

GHB				
A depressant approved for use in the treatment of narcolepsy, a disorder that causes daytime "sleep attacks."				
Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
G, Georgia Home Boy, Goop, Grievous Bodily Harm, Liquid Ecstasy, Liquid X, Soap, Scoop	Gamma-hydroxybutyrate or sodium oxybate (Xyrem [®])	Colorless liquid, white powder	Swallowed (often combined with alcohol or other beverages)	I
Possible Health Effects				
Short-term	Euphoria, drowsiness, nausea, vomiting, confusion, memory loss, unconsciousness, slowed heart rate and breathing, lower body temperature, seizures, coma, death.			
Long-term	Unknown.			
Other Health-related Issues	Sometimes used as a date rape drug.			
In Combination with Alcohol	Nausea, problems with breathing, greatly increased depressant effects.			
Withdrawal Symptoms	Insomnia, anxiety, tremors, sweating, increased heart rate and blood pressure, psychotic thoughts.			
Treatment Options				
Medications	Benzodiazepines			
Behavioral Therapies	More research is needed to find out if behavioral therapies can be used to treat GHB addiction.			

Rohypnol® (Flunitrazepam)				
A benzodiazepine chemically similar to prescription sedatives such as Valium® and Xanax®. Teens and young adults tend to misuse this drug at bars, nightclubs, concerts, and parties. It has been used to commit sexual assaults due to its ability to sedate and incapacitate unsuspecting victims.				
Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
Circles, Date Rape Drug, Forget Pill, Forget-Me Pill, La Rocha, Lunch Money, Mexican Valium, Mind Eraser, Pingus, R2, Reynolds, Rib, Roach, Roach 2, Roaches, Roachies, Roopies, Rochas Dos, Roofies, Rope, Rophies, Row-Shay, Ruffies, Trip-and-Fall, Wolfies	Flunitrazepam, Rohypnol®	Tablet	Swallowed (as a pill or as dissolved in a drink), snorted	IV Rohypnol® is not approved for medical use in the United States; it is available as a prescription sleep aid in other countries.
Possible Health Effects				
Short-term	Drowsiness, sedation, sleep; amnesia, blackout; decreased anxiety; muscle relaxation, impaired reaction time and motor coordination; impaired mental functioning and judgment; confusion; aggression; excitability; slurred speech; headache; slowed breathing and heart rate.			
Long-term	Unknown.			
Other Health-related Issues	Unknown.			
In Combination with Alcohol	Severe sedation, unconsciousness, and slowed heart rate and breathing, which can lead to death.			
Withdrawal Symptoms	Headache; muscle pain; extreme anxiety, tension, restlessness, confusion, irritability; numbness and tingling of hands or feet; hallucinations, delirium, convulsions, seizures, or shock.			
Treatment Options				
Medications	There are no FDA-approved medications to treat addiction to Rohypnol® or other prescription sedatives.			

Prescription Stimulants				
Medications that increase alertness, attention, energy, blood pressure, heart rate, and breathing rate.				
Street Names	Commercial Names (Common)	Common Forms	Common Ways Taken	DEA Schedule
Bennies, Black Beauties, Crosses, Hearts, LA Turnaround, Speed, Truck Drivers, Uppers	Amphetamine (Adderall®)	Tablet, capsule	Swallowed, snorted, smoked, injected	II
JIF, MPH, R-ball, Skippy, The Smart Drug, Vitamin R	Methylphenidate (Concerta®, Ritalin®)	Liquid, tablet, chewable tablet, capsule	Swallowed, snorted, smoked, injected, chewed	II
Possible Health Effects				
Short-term	Increased alertness, attention, energy; increased blood pressure and heart rate; narrowed blood vessels; increased blood sugar; opened-up breathing passages. High doses: dangerously high body temperature and irregular heartbeat; heart disease; seizures.			
Long-term	Heart problems, psychosis, anger, paranoia.			
Other Health-related Issues	Risk of HIV, hepatitis, and other infectious diseases from shared needles.			
In Combination with Alcohol	Masks the depressant action of alcohol, increasing risk of alcohol overdose; may increase blood pressure.			
Withdrawal Symptoms	Depression, tiredness, sleep problems.			
Treatment Options				
Medications	There are no FDA-approved medications to treat stimulant addiction.			
Behavioral Therapies	<ul style="list-style-type: none"> Behavioral therapies that have helped treat addiction to cocaine or methamphetamine may be useful in treating prescription stimulant addiction. Mobile medical application: reSET® 			

Methamphetamine				
An extremely addictive stimulant amphetamine drug.				
Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
Crank, Chalk, Crystal, Fire, Glass, Go Fast, Ice, Meth, Speed	Desoxyn®	White powder or pill; crystal meth looks like pieces of glass or shiny blue-white "rocks" of different sizes	Swallowed, snorted, smoked, injected	II
Possible Health Effects				
Short-term	Increased wakefulness and physical activity; decreased appetite; increased breathing, heart rate, blood pressure, temperature; irregular heartbeat.			
Long-term	Anxiety, confusion, insomnia, mood problems, violent behavior, paranoia, hallucinations, delusions, weight loss, severe dental problems ("meth mouth"), intense itching leading to skin sores from scratching.			
Other Health-related Issues	Pregnancy: premature delivery; separation of the placenta from the uterus; low birth weight; lethargy; heart and brain problems. Risk of HIV, hepatitis, and other infectious diseases from shared needles.			
In Combination with Alcohol	Masks the depressant effect of alcohol, increasing risk of alcohol overdose; may increase blood pressure.			
Withdrawal Symptoms	Depression, anxiety, tiredness.			
Treatment Options				
Medications	There are no FDA-approved medications to treat methamphetamine addiction.			
Behavioral Therapies	<ul style="list-style-type: none"> • Cognitive-behavioral therapy (CBT) • Contingency management, or motivational incentives • The Matrix Model • 12-Step facilitation therapy • Mobile medical application: reSET® 			

Cocaine				
A powerfully addictive stimulant drug made from the leaves of the coca plant native to South America.				
Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
Blow, Bump, C, Candy, Charlie, Coke, Crack, Flake, Rock, Snow, Toot	Cocaine hydrochloride topical solution (anesthetic rarely used in medical procedures)	White powder, whitish rock crystal	Snorted, smoked, injected	II
Possible Health Effects				
Short-term	Narrowed blood vessels; enlarged pupils; increased body temperature, heart rate, and blood pressure; headache; abdominal pain and nausea; euphoria; increased energy, alertness; insomnia, restlessness; anxiety; erratic and violent behavior, panic attacks, paranoia, psychosis; heart rhythm problems, heart attack; stroke, seizure, coma.			
Long-term	Loss of sense of smell, nosebleeds, nasal damage and trouble swallowing from snorting; infection and death of bowel tissue from decreased blood flow; poor nutrition and weight loss; lung damage from smoking.			
Other Health-related Issues	Pregnancy: premature delivery, low birth weight, deficits in self-regulation and attention in school-aged children prenatally exposed. Risk of HIV, hepatitis, and other infectious diseases from shared needles.			
In Combination with Alcohol	Greater risk of cardiac toxicity than from either drug alone.			
Withdrawal Symptoms	Depression, tiredness, increased appetite, insomnia, vivid unpleasant dreams, slowed movement, restlessness.			
Treatment Options				
Medications	There are no FDA-approved medications to treat cocaine addiction.			
Behavioral Therapies	<ul style="list-style-type: none"> • Cognitive-behavioral therapy (CBT) • Contingency management, or motivational incentives, including vouchers • The Matrix Model • Community-based recovery groups, such as 12-Step programs • Mobile medical application: reSET® 			

Heroin				
An opioid drug made from morphine, a natural substance extracted from the seed pod of various opium poppy plants.				
Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
Brown sugar, China White, Dope, H, Horse, Junk, Skag, Skunk, Smack, White Horse <i>With OTC cold medicine and antihistamine: Cheese</i>	No commercial uses	White or brownish powder, or black sticky substance known as "black tar heroin"	Injected, smoked, snorted	I
Possible Health Effects				
Short-term	Euphoria; dry mouth; itching; nausea; vomiting; analgesia; slowed breathing and heart rate.			
Long-term	Collapsed veins; abscesses (swollen tissue with pus); infection of the lining and valves in the heart; constipation and stomach cramps; liver or kidney disease.			
Other Health-related Issues	Pregnancy: miscarriage, low birth weight, neonatal abstinence syndrome. Risk of HIV, hepatitis, and other infectious diseases from shared needles.			
In Combination with Alcohol	Dangerous slowdown of heart rate and breathing, coma, death.			
Withdrawal Symptoms	Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey").			
Treatment Options				
Medications	<ul style="list-style-type: none"> • Methadone • Buprenorphine • Naltrexone (short- and long-acting forms) 			
Behavioral Therapies	<ul style="list-style-type: none"> • Contingency management, or motivational incentives • 12-Step facilitation therapy 			

MDMA (Ecstasy/Molly)				
A synthetic, psychoactive drug that has similarities to both the stimulant amphetamine and the hallucinogen mescaline. MDMA is an abbreviation of the scientific name <i>3,4-methylenedioxy-methamphetamine</i> .				
Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
Adam, Clarity, Eve, Lover's Speed, Peace, Uppers	No commercial uses	Colorful tablets with imprinted logos, capsules, powder, liquid	Swallowed, snorted	I
Possible Health Effects				
Short-term	Lowered inhibition; enhanced sensory perception; increased heart rate and blood pressure; muscle tension; nausea; faintness; chills or sweating; sharp rise in body temperature leading to kidney failure or death.			
Long-term	Long-lasting confusion, depression, problems with attention, memory, and sleep; increased anxiety, impulsiveness; less interest in sex.			
Other Health-related Issues	Unknown.			
In Combination with Alcohol	MDMA decreases some of alcohol's effects. Alcohol can increase plasma concentrations of MDMA, which may increase the risk of neurotoxic effects.			
Withdrawal Symptoms	Fatigue, loss of appetite, depression, trouble concentrating.			
Treatment Options				
Medications	There is conflicting evidence about whether MDMA is addictive. There are no FDA-approved medications to treat MDMA addiction.			
Behavioral Therapies	More research is needed to find out if behavioral therapies can be used to treat MDMA addiction.			

Inhalants				
Solvents, aerosols, and gases found in household products such as spray paints, markers, glues, and cleaning fluids; also nitrites (e.g., amyl nitrite), which are prescription medications for chest pain.				
Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
Poppers, snappers, whippets, laughing gas	Various	Paint thinners or removers, degreasers, dry-cleaning fluids, gasoline, lighter fluids, correction fluids, permanent markers, electronics cleaners and freeze sprays, glue, spray paint, hair or deodorant sprays, fabric protector sprays, aerosol computer cleaning products, vegetable oil sprays, butane lighters, propane tanks, whipped cream aerosol containers, refrigerant gases, ether, chloroform, halothane, nitrous oxide	Inhaled through the nose or mouth	Not scheduled
Possible Health Effects				
Short-term	Confusion; nausea; slurred speech; lack of coordination; euphoria; dizziness; drowsiness; disinhibition, lightheadedness, hallucinations/delusions; headaches; sudden sniffing death due to heart failure (from butane, propane, and other chemicals in aerosols); death from asphyxiation, suffocation, convulsions or seizures, coma, or choking. Nitrites: enlarged blood vessels, enhanced sexual pleasure, increased heart rate, brief sensation of heat and excitement, dizziness, headache.			
Long-term	Liver and kidney damage; bone marrow damage; limb spasms due to nerve damage; brain damage from lack of oxygen that can cause problems with thinking, movement, vision, and hearing. Nitrites: increased risk of pneumonia.			
Other Health-related Issues	Pregnancy: low birth weight, bone problems, delayed behavioral development due to brain problems, altered metabolism and body composition.			
In Combination with Alcohol	Unknown.			
Withdrawal Symptoms	Nausea, tremors, irritability, problems sleeping, and mood changes.			
Treatment Options				
Medications	There are no FDA-approved medications to treat inhalant addiction.			
Behavioral Therapies	More research is needed to find out if behavioral therapies can be used to treat inhalant addiction.			

Marijuana (Cannabis)				
Marijuana is made from the hemp plant, <i>Cannabis sativa</i> . The main psychoactive (mind-altering) chemical in marijuana is delta-9-tetrahydrocannabinol, or THC.				
Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
Blunt, Bud, Dope, Ganja, Grass, Green, Herb, Joint, Mary Jane, Pot, Reefer, Sinsemilla, Skunk, Smoke, Trees, Weed; Hashish: Boom, Gangster, Hash, Hemp	Various brand names in states where the sale of marijuana is legal	Greenish-gray mixture of dried, shredded leaves, stems, seeds, and/or flowers; resin (hashish) or sticky, black liquid (hash oil)	Smoked, eaten (mixed in food or brewed as tea)	I
Possible Health Effects				
Short-term	Enhanced sensory perception and euphoria followed by drowsiness/relaxation; slowed reaction time; problems with balance and coordination; increased heart rate and appetite; problems with learning and memory; anxiety.			
Long-term	Mental health problems, chronic cough, frequent respiratory infections.			
Other Health-related Issues	Youth: possible loss of IQ points when repeated use begins in adolescence. Pregnancy: babies born with problems with attention, memory, and problem solving.			
In Combination with Alcohol	Increased heart rate, blood pressure; further slowing of mental processing and reaction time.			
Withdrawal Symptoms	Irritability, trouble sleeping, decreased appetite, anxiety.			
Treatment Options				
Medications	There are no FDA-approved medications to treat marijuana addiction.			
Behavioral Therapies	<ul style="list-style-type: none"> • Cognitive-behavioral therapy (CBT) • Contingency management, or motivational incentives • Motivational Enhancement Therapy (MET) • Behavioral treatments geared to adolescents • Mobile medical application: reSET[®] 			

Drug and Alcohol Programs

There are national, state, and local programs designed to assist you in treatment of alcohol and/or drug abuse/addiction.

Here are some resources available to all campus members:

- Substance Abuse and Mental Health Services Administration
 - Behavioral Health Treatment Services [Locator](#)
 - National Helpline: free, confidential, 24/7 availability
 - 1-800-662-4357
 - 1-800-487-4889 (TTY)
- Wisconsin Department of Health Services
 - Provider Search [Service](#)
- Alliance for Wisconsin Youth
 - Regional Prevention [Centers](#)

- AlcoholScreening.Org: Personalized results, links to treatment sites
- Alcoholics Anonymous: www.aa.org
- Al-Anon Family Groups: www.al-anon.org
- Narcotics Anonymous: www.na.org

For Employees, UW Colleges offers an Employee Assistance Program through FEI

- Phone: (866) 274-4723 (24 hours a day/7 days a week)
- Online: <https://www.feieap.com>
 - Username: SOWI

For Students, UW Colleges Wellness Resource

- Screen U Screenings and Assessment: <http://www.uwc.edu/aode/help>
 - Free, anonymous
- UW Colleges AODE office website: www.uwc.edu/aode
- Campus Counseling for Students:
- **UW Baraboo/Sauk County:**
 Karen Evenson
 Campus Counseling Center
 Performing Arts Building, Room B141
 1006 Connie Road
 Baraboo, WI 53913
 608-355-5272 (office) or 608-963-4695 (cell)
karen.evenson@uwc.edu
- **UW Barron County:**
 Dr. Bruce Jungerberg
 Campus Counselor/Psychologist
 Meggers Hall, M 157
 1800 College Drive
 Rice Lake, WI 54868
 715-822-3800
bruce.jungerberg@uwc.edu
- **UW Fond du Lac**
 Terra Braatz
 Counseling Center
 Classroom Building, Second Floor, C-208
 400 University Drive
 Fond du Lac, WI 54935
 920-929-1182
- **UW Fox Valley**
Hannah Keesler, MS, LPC, SAC-IT
 Room 1309 through entrance 5W
 1478 Midway Road
 Menasha, WI 54952
 920-832-2697
hannah.keesler@uwc.edu

- **UW Fox Valley (continued)**
John Schaller MS, NCC, LPC-IT
 Room 1309 through entrance 5W
 1478 Midway Road
 Menasha, WI 54952
 920-832-2697
 John.schaller@uwc.edu
- **UW Manitowoc**
 L116, Music Department
 Manitowoc, WI 54220
 920-652-2001
- **UW Marathon County**
 Colleen Angel
 Elmergreen and Associates
 Student Affairs, Room 150
 114 Grand Avenue
 Wausau, WI 54401
 715-261-6235
www.uwmc.uwc.edu/campus/resources/students/counseling
- **UW Marinette**
 Contact the solution center to set up an appointment:
 715-735-4300 ext 4301
<http://marinette.uwc.edu/campus/resources/students/counseling>
- **UW Marshfield/Wood County**
 Contact Student Affairs to set up an appointment:
 msfadmit@uwc.edu
 715-389-6530
<http://marshfield.uwc.edu/campus/resources/students/counseling>
- **UW Richland**
 Counseling Center
 Melvill Hall, Room 443
 1200 Hwy 14 West
 Richland Center, WI 53581
 608-649-5777
- **UW Rock County**
 Call Student Affairs to make an appointment at (608) 758-6565 ext. 200.
- **UW Sheboygan**
 Luisa Morales
 Mental Health Counselor and Coordinator & AODE Program
 Main Building, Room 2216
 1 University Drive
 Sheboygan, WI 53081
 920-459-6684 (office and confidential voice mail) or 920-459-6633 (main office)
 luisa.morales@uwc.edu

- **UW Washington County**
Michelle Henderson, MAC, PCTL
400 South University Drive, Room 306
West Bend, WI 53095
(262) 808-4734
- **UW Waukesha**
Counseling Center
1500 N University Drive A115
Waukesha, WI 53188
wakcounseling@uwc.edu Phone: 262-521-5480