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](https://docs.legis.wisconsin.gov/code/register/2016/726B/insert/uws17). Under [Chapter UWS 17.10](https://docs.legis.wisconsin.gov/code/register/2016/726B/insert/uws17.10), 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](https://www.wisconsin.edu/ohrwd/download/policies/ops/gen0.pdf) 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  
- UWS Chapter 6: Complaints and Grievances  
  [https://docs.legis.wisconsin.gov/code/admin_code/uws/6](https://docs.legis.wisconsin.gov/code/admin_code/uws/6)
- UWS Chapter 7: Faculty (special) Dismissal  
- UWS Chapter 11: Academic Staff Dismissal  
- UPS Operational Policies (university staff):  
  [https://www.wisconsin.edu/ohrwd/download/policies/ops/gen0.pdf](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

<table>
<thead>
<tr>
<th>DRUG/SCHEDULE</th>
<th>QUANTITY</th>
<th>PENALTIES</th>
<th>QUANTITY</th>
<th>PENALTIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cocaine (Schedule II)</td>
<td>500-4,000 grams mixture</td>
<td>First Offense: Not less than 5 yrs, and not more than 40 yrs. If death or serious injury, not less than 20 yrs. or more than life. Fine of not more than $5 million if an individual, $50 million if not an individual.</td>
<td>5 kg or more mixture</td>
<td>First Offense: Not less than 10 yrs, and not more than life. If death or serious injury, not less than 20 yrs. or more than life. Fine of not more than $10 million if an individual, $100 million if not an individual.</td>
</tr>
<tr>
<td>Cocaine Base (Schedule II)</td>
<td>20-279 grams mixture</td>
<td>Second Offense: Not less than 10 yrs, and not more than life. If death or serious injury, not less than 20 yrs. or more than life. Fine of not more than $5 million if an individual, $50 million if not an individual.</td>
<td>1 kg or more mixture</td>
<td>Second Offense: Not less than 20 yrs, and not more than life. If death or serious injury, not less than 20 yrs. or more than life. Fine of not more than $50 million if an individual, $75 million if not an individual.</td>
</tr>
<tr>
<td>Fentanyl (Schedule I)</td>
<td>63-99 grams mixture</td>
<td>First Offense: Not less than 10 yrs, and not more than life. If death or serious injury, not less than 20 yrs. or more than life. Fine of not more than $5 million if an individual, $50 million if not an individual.</td>
<td>50 grams or more mixture</td>
<td>2 or More Prior Offenses: Life imprisonment. Fine of not more than $20 million if an individual, $75 million if not an individual.</td>
</tr>
<tr>
<td>Fentanyl Analogue (Schedule I)</td>
<td>10-99 grams mixture</td>
<td>Second Offense: Not less than 10 yrs, and not more than life. If death or serious injury, not less than 20 yrs. or more than life. Fine of not more than $5 million if an individual, $50 million if not an individual.</td>
<td>5 kg or more mixture</td>
<td>2 or More Prior Offenses: Life imprisonment. Fine of not more than $20 million if an individual, $75 million if not an individual.</td>
</tr>
<tr>
<td>Heroin (Schedule I)</td>
<td>100-999 grams mixture</td>
<td>First Offense: Not less than 10 yrs, and not more than life. If death or serious injury, not less than 20 yrs. or more than life. Fine of not more than $5 million if an individual, $50 million if not an individual.</td>
<td>100 grams or more mixture</td>
<td>Second Offense: Not less than 20 yrs, and not more than life. If death or serious injury, not less than 20 yrs. or more than life. Fine of not more than $50 million if an individual, $75 million if not an individual.</td>
</tr>
<tr>
<td>LSD (Schedule I)</td>
<td>1-2 grams mixture</td>
<td>First Offense: Not less than 10 yrs, and not more than life. If death or serious injury, not less than 20 yrs. or more than life. Fine of not more than $5 million if an individual, $50 million if not an individual.</td>
<td>100 grams or more mixture</td>
<td>Second Offense: Not less than 20 yrs, and not more than life. If death or serious injury, not less than 20 yrs. or more than life. Fine of not more than $50 million if an individual, $75 million if not an individual.</td>
</tr>
<tr>
<td>Methamphetamines (Schedule II)</td>
<td>5-49 grams pure or 50-499 grams mixture</td>
<td>First Offense: Not less than 10 yrs, and not more than life. If death or serious injury, not less than 20 yrs. or more than life. Fine of not more than $5 million if an individual, $50 million if not an individual.</td>
<td>50 grams or more mixture</td>
<td>Second Offense: Not less than 20 yrs, and not more than life. If death or serious injury, not less than 20 yrs. or more than life. Fine of not more than $50 million if an individual, $75 million if not an individual.</td>
</tr>
<tr>
<td>PCP (Schedule II)</td>
<td>10-99 grams pure or 100-999 grams mixture</td>
<td>First Offense: Not less than 10 yrs, and not more than life. If death or serious injury, not less than 20 yrs. or more than life. Fine of not more than $5 million if an individual, $50 million if not an individual.</td>
<td>100 grams or more mixture</td>
<td>Second Offense: Not less than 20 yrs, and not more than life. If death or serious injury, not less than 20 yrs. or more than life. Fine of not more than $50 million if an individual, $75 million if not an individual.</td>
</tr>
</tbody>
</table>

### PENALTIES—OTHER SCHEDULE III & II DRUGS

<table>
<thead>
<tr>
<th>DRUG/SCHEDULE</th>
<th>QUANTITY</th>
<th>PENALTIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Other Schedule III &amp; II drugs (and any dian linked containing Gamma Hydroxybutyric Acid)</td>
<td>Any amount</td>
<td>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.</td>
</tr>
<tr>
<td>Flunitrazepam (Schedule III)</td>
<td>1 gram</td>
<td>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.</td>
</tr>
</tbody>
</table>

### FEDERAL TRAFFICKING PENALTIES—MARIJUANA

<table>
<thead>
<tr>
<th>DRUG/SCHEDULE</th>
<th>QUANTITY</th>
<th>1st OFFENSE</th>
<th>2nd OFFENSE *</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marijuana (Schedule I)</td>
<td>1,000 kg or more marijuana mixture; or 1,000 or more marijuana plants</td>
<td>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 not an individual.</td>
<td>Not less than 20 yrs. or more than life. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine not more than $20 million if an individual, $100 million if not an individual.</td>
</tr>
<tr>
<td>Marijuana (Schedule I)</td>
<td>100 kg to 999 kg marijuana mixture or 100 to 999 marijuana plants</td>
<td>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 not an individual.</td>
<td>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 $20 million if an individual, $100 million if not an individual.</td>
</tr>
<tr>
<td>Marijuana (Schedule I)</td>
<td>More than 10 kg hashish; 50 to 99 kg marijuana mixture; More than 1 kg of hashish oil; 50 to 99 marijuana plants</td>
<td>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 not an individual.</td>
<td>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.</td>
</tr>
<tr>
<td>Marijuana (Schedule I)</td>
<td>Less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight)</td>
<td>Not more than 5 yrs. Fine not more than $250,000 if an individual, $1 million if not an individual.</td>
<td>Not more than 10 yrs. Fine $500,000 if an individual, $2 million if not an individual.</td>
</tr>
<tr>
<td>Hashish (Schedule I)</td>
<td>10 kg or less</td>
<td>First Offense: Not less than 10 yrs, and not more than life. If death or serious injury, not less than 20 yrs. or more than life. Fine of not more than $5 million if an individual, $25 million if not an individual.</td>
<td>Not more than 10 years. Fine of not more than $20 million if an individual, $100 million if not an individual.</td>
</tr>
<tr>
<td>Hashish Oil (Schedule I)</td>
<td>1 kg or less</td>
<td>First Offense: Not less than 10 yrs, and not more than life. If death or serious injury, not less than 20 yrs. or more than life. Fine of not more than $5 million if an individual, $25 million if not an individual.</td>
<td>Not more than 10 years. Fine of not more than $20 million if an individual, $100 million if not an individual.</td>
</tr>
</tbody>
</table>

*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.

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4
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:

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 a higher risk of developing these types of cancer.
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 studiethat 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:
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:

<table>
<thead>
<tr>
<th>Tobacco</th>
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Plant grown for its leaves, which are dried and fermented before use.

<table>
<thead>
<tr>
<th>Street Names</th>
<th>Commercial Names</th>
<th>Common Forms</th>
<th>Common Ways Taken</th>
<th>DEA Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>Multiple brand names</td>
<td>cigarettes, cigars, bidis, hookahs, smokeless tobacco (snuff, spit tobacco, chew)</td>
<td>Smoked, snorted, chewed, vaporized</td>
<td>Not Scheduled</td>
</tr>
</tbody>
</table>

**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**
- Bupropion (Zyban®)
- Varenicline (Chantix®)
- Nicotine replacement (gum, patch, lozenge)

**Behavioral Therapies**
- Cognitive-behavioral therapy (CBT)
- Self-help materials
- Mail, phone, and internet quit resources
### Central Nervous System Depressants

Medications that slow brain activity, which makes them useful for treating anxiety and sleep problems.

<table>
<thead>
<tr>
<th>Street Names</th>
<th>Commercial Names (Common)</th>
<th>Common Forms</th>
<th>Common Ways Taken</th>
<th>DEA Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbies, Phenies, Red Birds, Rats, Toadies, Yellow Jackets, Yellows</td>
<td>Barbbiturate, pentothal</td>
<td>Pill, capsule, liquid</td>
<td>Swallowed, injected</td>
<td>II, III, IV</td>
</tr>
<tr>
<td>Candy, Downers, Sleeping Pills, Traniks</td>
<td>Barbiturates: alprazolam (Xanax®), chloralhydrate (Librium®), diazepam (Valium®), lorazepam (Ativan®), trazodone (Helicon®)</td>
<td>Pill, capsule, liquid</td>
<td>Swallowed, injected</td>
<td>IV</td>
</tr>
<tr>
<td>Forget-me Pills, Houston Venom, R2, Rocker, Roofies, Roofies, Rape, Rapture</td>
<td>Sleep Medications: eszopiclone (Lunesta®), zaleplon (Sonata®), zopiclone (Ambien®)</td>
<td>Pill, capsule, liquid</td>
<td>Swallowed, injected</td>
<td>IV</td>
</tr>
</tbody>
</table>

### 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.

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### GHB

GHB, a depressant approved for use in the treatment of narcolepsy, is a disorder that causes daytime “sleep attacks.”

<table>
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<tr>
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<th>Common Ways Taken</th>
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</tr>
</thead>
<tbody>
<tr>
<td>6, Georgia Hotel, Boy, Strip, Grisly</td>
<td>Gamma-hydroxybutyrate or sodium butyrate (GHB®)</td>
<td>Colorless liquid, white powder</td>
<td>Swallowed (often combined with alcohol or other beverages)</td>
<td>I</td>
</tr>
</tbody>
</table>

### Possible Health Effects

**Short-term**
- Euphoria, drowsiness, nausea, vomiting, confusion, memory loss, unconsciousness, slowed heart rate and breathing, lowered 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 abuse 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.

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<th>Common Ways Taken</th>
<th>DEA Schedule</th>
</tr>
</thead>
</table>

**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; irritability; numbness and tingling of hands or feet; hallucinations; delirium, convulsions, seizures, or shock.

**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.

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**Prescription Stimulants**

Medications that increase alertness, attention, energy, blood pressure, heart rate, and breathing rate.

<table>
<thead>
<tr>
<th>Street Names</th>
<th>Commercial Names (Common)</th>
<th>Common Forms</th>
<th>Common Ways Taken</th>
<th>DEA Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bananas, Black Beauties, Crosses, Hearts, LA Turnaround, Speed, Truck Drivers, Uppers</td>
<td>Amphetamine (Adderall®)</td>
<td>Tablet, capsule</td>
<td>Swallowed, smoked, snorted, injected</td>
<td>II</td>
</tr>
<tr>
<td>XIF, MPH, Il-bell, Skippy, Tha Smart Drug, Vitamin R</td>
<td>Metylphenidate (Concerta®, Ritalin®,</td>
<td>Liquid, tablet, chewable capsule</td>
<td>Swallowed, smoked, snorted, injected, chewed</td>
<td>II</td>
</tr>
</tbody>
</table>

**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**
- 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.

<table>
<thead>
<tr>
<th>Street Names</th>
<th>Commercial Names</th>
<th>Common Forms</th>
<th>Common Ways Taken</th>
<th>DEA Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crank, Chalk, Crystal, Fire, Glass, Go Fast, Ice, Meth, Speed</td>
<td>Desoxyn®</td>
<td>White powder or pill; crystal meth looks like pieces of glass or shiny blue-white &quot;rocks&quot; of different sizes</td>
<td>Swallowed, snorted, smoked, injected</td>
<td>II</td>
</tr>
</tbody>
</table>

**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**
  - Masked the depressant affect 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**
  - 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.

<table>
<thead>
<tr>
<th>Street Names</th>
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<th>Common Forms</th>
<th>Common Ways Taken</th>
<th>DEA Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blow, Bump, C, Candy, Charlie, Coca, Crack, Fase, Koke, Snow, Toot</td>
<td>Cocaine hydrochloride topical solution (anesthetic rarely used in medical procedures)</td>
<td>White powder, white brick crystal</td>
<td>Snorted, smoked, injected</td>
<td>II</td>
</tr>
</tbody>
</table>

**Possible Health Effects**

- **Short-term**
  - Narrowed blood vessels; enlarged pupils; increased body temperature, heart rate, and blood pressure; headaches; 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 previously 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**
  - 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.

<table>
<thead>
<tr>
<th>Street Names</th>
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<th>Common Forms</th>
<th>Common Ways Taken</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Brown sugar, China White, Dope, H, Horse, Junk, Shag, Skunk, Smack, White Horse</td>
<td>No commercial uses</td>
<td>White or brownish powder, or black sticky substance known as “black tar heroin”</td>
<td>Injected, smoked, snorted</td>
<td>1</td>
</tr>
</tbody>
</table>

**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**
- Methadone
- Buprenorphine
- Naltrexone (short- and long-acting forms)

**Behavioral Therapies**
- Contingency management, or motivational incentives
- 12-Step facilitation therapy

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**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 3,4-methylenedioxymethamphetamine.

<table>
<thead>
<tr>
<th>Street Names</th>
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<th>DEA Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adam, Clarity, Eve, Lover’s Speed, Peace, Uppers</td>
<td>No commercial uses</td>
<td>Colorful tablets with imprinted logos, capsules, powder, liquid</td>
<td>Swallowed, snorted</td>
<td>1</td>
</tr>
</tbody>
</table>

**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.

<table>
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<tr>
<th>Street Names</th>
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<th>Common Forms</th>
<th>Common Ways Taken</th>
<th>DEA Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poppers, snappers, whippets, laughing gas</td>
<td>Various</td>
<td>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 gasses, ether, chloroform, halothane, nitrous oxide</td>
<td>Inhaled through the nose or mouth</td>
<td>Not scheduled</td>
</tr>
</tbody>
</table>

## Possible Health Effects

**Short-term**

Confusion; nausea; slurred speech; lack of coordination; euphoria; dizziness; drowsiness; disinhibition, light-headedness, 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.
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](http://www.aa.org)
- Al-Anon Family Groups: [www.al-anon.org](http://www.al-anon.org)
- Narcotics Anonymous: [www.na.org](http://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](https://www.feieap.com)
    - Username: SOWI

For Students, UW Colleges Wellness Resource
  - Screen U Screenings and Assessment: [http://www.uwc.edu/aode/help](http://www.uwc.edu/aode/help)
    - Free, anonymous
  - UW Colleges AODE office website: [www.uwc.edu/aode](http://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
o UW Washington County
  Michelle Henderson, MAC, PCTL
  400 South University Drive, Room 306
  West Bend, WI 53095
  (262) 808-4734

o UW Waukesha
  Counseling Center
  1500 N University Drive A115
  Waukesha, WI 53188
  wakcounseling@uwc.edu  Phone: 262-521-5480