

## SUBSTANCE ABUSE PREVENTION INFORMATION

In accordance with the 1989 **Drug-Free Schools and Communities Act** and amendments (PL 101-226), the following information is provided to all students and employees of Lutheran School of Nursing.

### POLICY STATEMENT

Lutheran School of Nursing is aware of the potential for substance abuse among health care workers and of its institutional responsibility for providing education in this respect. LSN is committed to creating and maintaining an environment that encourages professional, emotional, intellectual, and moral growth among all students and employees.

**The possession, use, or distribution of alcohol or other controlled substances on the campus is prohibited at any time for any reason.** This policy is reviewed annually and a more detailed description is in Chapter 6 of the current Student Handbook, which is distributed to all students and staff members annually in August.

### DISCIPLINARY SANCTIONS

Violations of the above policy will result in disciplinary action as stated in Chapter 7 of the current Student Handbook. The specific actions taken in an individual case may include both punitive and rehabilitative elements, such as counseling, satisfactory completion of a treatment program, referral to the appropriate law enforcement officials for prosecution, loss of resident student status or other privileges, suspension or dismissal from the nursing program. **A second violation of this policy normally results in more serious disciplinary action.**

Employees who violate this policy are subject to disciplinary action as specified by the Human Resources Department of St. Alexius Hospital.

### FEDERAL SANCTIONS

Federal sanctions for convictions may include denial of federal benefits, such as student loans, grants, contracts, and professional licenses.

### PROFESSIONAL SANCTIONS

The State Board of Nursing specifies licensure penalties for drug law violations in Section 335.066 "Denial, Revocation, or Suspension of License, grounds for," of the Nursing Practice Act (Chapter 335, Missouri Statutes) that is included as an appendix in the current Student Handbook. **The act states that RN licensure may be refused or revoked for unlawful possession of alcohol, or lawful use of alcohol to the extent that it impairs a person's ability to perform nursing duties.** According to this act, violations of the drug laws or rules and regulations of this state, any other state, or the federal government (or misuse of a prescribed drug) to the extent that it impairs a person's ability to perform nursing duties, may result in the refusal to issue the RN license or its revocation.

### STATE SANCTIONS

**Alcohol:** In the State of Missouri, it is illegal for anyone under age twenty-one to use alcohol (includes possession, attempting to purchase, or purchasing any alcoholic beverage) or for any person twenty-one years of age or older to provide alcohol to anyone under twenty-one years of age. Persons convicted under Missouri law are subject to fines from \$50.00 to \$1,000.00 and/or imprisonment.

**Drugs:** City ordinance and state law prohibit the manufacture, possession, sale, distribution, and use of illicit drugs. Sanctions are based on the nature of the violation including the amount of the substance in possession. In Missouri, fines range up to \$5,000.00 and imprisonment up to seven years. Conviction in Illinois carries fines up to \$250,000.00 and imprisonment up to thirty years.

**HEALTH RISKS ASSOCIATED WITH SUBSTANCE ABUSE**

Drug or alcohol abuse results in serious health risks ranging from physical or mental impairment to death. Alcohol consumption causes marked behavioral changes, even in relatively small doses. Judgment and coordination are significantly and quickly impaired, increasing the likelihood of vehicular accidents. A variety of aggressive acts, including spouse and child abuse, may result from low to moderate doses of alcohol. Moderate to higher doses result in marked impairment of higher mental function, significantly altering a person's ability to learn and remember information. Very high doses cause respiratory depression and possible death. When combined with other central nervous system depressants, much lower doses of alcohol produce the symptoms described here.

Repeated use of alcohol can lead to physical and psychological dependence or addiction. Cessation of alcohol intake may result in withdrawal symptoms, which include severe anxiety, tremors, nausea, hallucinations, and convulsions, which can produce a life-threatening situation. Long-term consumption of alcoholic beverages or other drugs can also lead to permanent vital organ damage, particularly to the brain and the liver. Poor nutrition is often seen as a side factor.

Pregnant women who use alcohol during pregnancy run the risk of having infants who suffer from Fetal Alcohol Syndrome, which includes irreversible physical abnormalities and mental retardation. Children of alcoholic parents are at much higher risk of developing addictive behaviors and becoming dependent on alcohol or other drugs.

**SOURCES OF ASSISTANCE**

The Student Development Office can provide basic educational assistance and make referrals to hospital and community resources. Limited direct service is available at school. All inquiries regarding assistance for alcohol or other drug-related concerns are confidential. A variety of in-patient and out-patient programs are available in the metro area, many with sliding fee structures. Address and other information about these programs are available upon request.

**THE NATIONAL COUNCIL ON ALCOHOLISM AND DRUG ABUSE - ST. LOUIS AREA**

A "private, nonprofit central resource on alcohol and other drug use, abuse, and addiction" serving the city of St. Louis and the counties of St. Louis, Jefferson, Franklin, St. Charles, Lincoln, and Warren.

Office Hours: 9:00 A.M. to 5:00 P.M. Monday through Friday

Evening hours by appointment

Location: 8790 Manchester Road, St. Louis, MO 63144

(314) 962-3456 - Business line

(314) 962-3363 - 24 Hour Hot Line

This agency provides information and referral services, resources and training, prevention services, employee assistance programs, advocacy and community development.

These are Self-help groups, which are composed of people who are successfully dealing with specific addictions or drugs by working programs for self-development and regular contact with others doing the same thing. Anonymity outside each group is stressed. There is no formal cost associated with these groups. This is not a complete listing of organizations available for assistance. Consult your area phone directory or the Associate Director of Student Development for confidential assistance.

Al-Anon Information Center	(314) 645-1572	Narcotics Anonymous	(314) 830-3232
Alcoholics Anonymous	(314) 647-3677	Nicotine Anonymous	(314) 832-9279
Co-Dependents Anonymous	(618) 980-3660	Rational Recovery	(314) 420-5269
Cocaine Anonymous	(314) 361-3500		



## Federal Trafficking Penalties

DRUG/SCHEDULE	QUANTITY	PENALTIES	QUANTITY	PENALTIES
Cocaine (Schedule II)	500 - 4999 gms mixture	<b>First Offense:</b> 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 \$2 million if an individual, \$5 million if not an individual  <b>Second Offense:</b> Not less than 10 yrs, and not more than life. If death or serious injury, life imprisonment. Fine of not more than \$4 million if an individual, \$10 million if not an individual	5 kgs or more mixture	<b>First Offense:</b> 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 \$4 million if an individual, \$10 million if not an individual.  <b>Second Offense:</b> Not less than 20 yrs, and not more than life. If death or serious injury, life imprisonment. Fine of not more than \$8 million if an individual, \$20 million if not an individual.  <b>2 or More Prior Offenses:</b> Life imprisonment
Cocaine Base (Schedule II)	5-49 gms mixture		50 gms or more mixture	
Fentanyl (Schedule II)	40 - 399 gms mixture		400 gms or more mixture	
Fentanyl Analogue (Schedule I)	10 - 99 gms mixture		100 gms or more mixture	
Heroin (Schedule I)	100 - 999 gms mixture		1 kg or more mixture	
LSD (Schedule I)	1 - 9 gms mixture		10 gms or more mixture	
Methamphetamine (Schedule II)	5 - 49 gms pure or 50 - 499 gms mixture		50 gms or more pure or 500 gms or more mixture	
PCP (Schedule II)	10 - 99 gms pure or 100 - 999 gms 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	<b>First Offenses:</b> not more that 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.  <b>Second Offense:</b> Not more than 30 yrs. If death or serious injury, not less than life. Fine \$2 million if an individual, \$10 million if not an individual		
Flunitrazepam (Schedule IV)	1 gm or more			
Other Schedule III drugs	Any amount	<b>First Offense:</b> Not more than 5 years. Fine not more than \$250,000 if an individual, \$1 million if not an individual.  <b>Second Offense:</b> Not more 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if not an individual		
Flunitrazepam (Schedule IV)	30 to 999 mgs			



All other Schedule IV drugs	Any amount	<p><b>First Offense:</b> Not more than 3 years. Fine not more than \$250,000 if an individual, \$1 million if not an individual.</p> <p><b>Second Offense:</b> Not more than 6 yrs. Fine not more than \$500,000 if an individual, \$2 million if not an individual.</p>
Flunitrazepam (Schedule IV)	Less than 30 mgs	
All Schedule V drugs	Any amount	<p><b>First Offense:</b> Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual.</p> <p><b>Second Offense:</b> Not more than 2 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.</p>

### Federal Trafficking Penalties - Marijuana

DRUG	QUANTITY	1 <sup>st</sup> OFFENSE	2 <sup>nd</sup> OFFENSE
Marijuana	1,000 kg or more mixture; or 1,000 or more plants	<ul style="list-style-type: none"> <li>• Not less than 10 years, not more than life</li> <li>• If death or serious injury, not less than 20 years, not more than life</li> <li>• Fine not more than \$4 million if an individual, \$10 million if other than an individual</li> </ul>	<ul style="list-style-type: none"> <li>• Not less than 20 years, not more than life</li> <li>• If death or serious injury, mandatory life</li> <li>• Fine not more than \$8 million if an individual, \$20 million if other than an individual</li> </ul>
Marijuana	100 kg to 999 kg mixture; or 100 to 999 plants	<ul style="list-style-type: none"> <li>• Not less than 5 years, not more than 40 years</li> <li>• If death or serious injury, not less than 20 years, not more than life</li> <li>• Fine not more than \$2 million if an individual, \$5 million if other than an individual</li> </ul>	<ul style="list-style-type: none"> <li>• Not less than 10 years, not more than life</li> <li>• If death or serious injury, mandatory life</li> <li>• Fine not more than \$4 million if an individual, \$10 million if other than an individual</li> </ul>
Marijuana	more than 10 kgs hashish; 50 to 99 kg mixture more than 1 kg of hashish oil; 50 to 99 plants	<ul style="list-style-type: none"> <li>• Not more than 20 years</li> <li>• If death or serious injury, not less than 20 years, not more than life</li> <li>• Fine \$1 million if an individual, \$5 million if other than an individual</li> </ul>	<ul style="list-style-type: none"> <li>• Not more than 30 years</li> <li>• If death or serious injury, mandatory life</li> <li>• Fine \$2 million if an individual, \$10 million if other than individual</li> </ul>
Marijuana	1 to 49 plants; less than 50 kg mixture	<ul style="list-style-type: none"> <li>• Not more than 5 years</li> <li>• Fine not more than \$250,000, \$1 million other than individual</li> </ul>	<ul style="list-style-type: none"> <li>• Not more than 10 years</li> <li>• Fine \$500,000 if an individual, \$2 million if other than individual</li> </ul>
Hashish	10 kg or less		
Hashish Oil	1 kg or less		



### Controlled Substances – Uses and Effects

DRUGS CSA SCHEDULES	TRADE OR OTHER NAMES	MEDICAL USES	DEPENDENCE Physical Psychological		TOLER- ANCE	DURATION (Hours)	USUAL METHODS OF ADMINIS- TRATION	POSSIBLE EFFECTS	EFFECTS OF OVERDOSE	WITHDRAW AL SYNDROME	
<b>NARCOTICS</b>											
Opium	II III V	Dover's Powder, Paregone, Parepectolin	Aneigesic, Antidiarrheal	High	High	Yes	3-6	Oral, smoked	Euphoria, drowsiness, respiratory depression, constricted pupils, nausea	Slow and shallow breathing, clammy skin, convulsions , coma, possible death	Watery eyes, runny nose, yawning, loss of appetite, irritability, tremors, panic, cramps, nausea, chills, and sweating
Morphine	II III	Morphine, MS-Contin, Roxanol, Roxanol-SR	Analgesic, Antitussive	High	High	Yes	3-6	Oral, smoked, injected			
Codeine		Tylenol w/Codeine, Empirin w/Codeine, Robitussin A-C, Florinal w/Codeine	Analgesic, Antitussive	Moderate	Moderate	Yes	3-6	Oral, injected			
Heroin	I	Diacetylmorphine, Horse, Smack	None	High	High	Yes	3-6	Injected, sniffed, smoked			
Hydromorphone	II	Dilaudid	Analgesic	High	High	Yes	2-4	Oral, injected			
Meperidine (Pethidine)	II	Demerol, Mepergan	Analgesic	High	High	Yes	2-4	Oral, injected			
Methadone	II	Dolophine, Methadone, Methadose	Analgesic	High	High-Low	Yes	12-24	Oral, injected			
Other Narcotics	I II III IV V	Numorphan, Percodan, Percocet, Tylox, Tussionex, Fentanyl, Darvon, Lomotil, Talwin <sup>2</sup>	Analgesic, antidiarrheal, antitussive	High-Low	High-Low	Yes	Variable	Oral, injected			
<b>DEPRESSANTS</b>											
Chloral Hydrate	IV	Noctec	Hypnotic	Moderate	Moderate	Yes	5-8	Oral	Slurred speech, disorientati on, drunken behavior without odor of alcohol	Shallow respiration, clammy skin, dilated pupils, weak and rapid pulse, coma, possible death	Anxiety, insomnia, tremors, delirium, convulsions, possible death
Barbiturates	II III IV	Amtal, Butisol, Florinal, Lofusate, Nembutal, Seconal, Tuinal, Phenobarbital	Anesthetic, anticonvulsant, sedative, hypnotic, veterinary euthanasic agent	High-Mod.	High-Mod.	Yes	1-16	Oral			
Benzodiazepines	IV	Ativan, Dalmane, Diazepam, Librium, Xanax, Serax, Vallum, Tranxexa, Verstran, Versed, Halcion, Paxipam, Restoril	Antianxiety, anticonvulsant, sedative, hypnotic	Low	Low	Yes	4-8	Oral			
Methaqualone	I	Quaalude	Sedative, hypnotic	High	High	Yes	4-8	Oral			
Glutethimide	III	Doriden	Sedative, hypnotic	High	Moderate	Yes	4-8	Oral			