

## **DRUG AND ALCOHOL ABUSE PREVENTION UPDATE**

### **A. STANDARDS OF CONDUCT FOR EMPLOYEES AND STUDENTS REGARDING ALCOHOL AND DRUGS (BOARD OF REGENTS POLICY 2.1.5)**

The illegal possession, use, or distribution of drugs or alcohol by students and employees is a violation of University rules as well as State and Federal laws. Officers of the University are to cooperate with State and Federal agencies in the prevention of drug abuse. In satisfaction of this mandate and in order to fulfill its obligations under the Drug Free Workplace Act of 1988, 41 U.S.C. § 701, and the Drug Free Schools and Communities Act of 1989, 20 U.S.C. § 1145g, the University has formulated standards of conduct for both its employees and its students which prohibit the following acts:

1. use, possession, manufacture, distribution, or sale of illegal drugs or drug paraphernalia on University premises or while on University business or at University activities, or in University supplied vehicles either during or after working hours;
2. unauthorized use, possession, manufacture, distribution, or sale of a controlled substance as defined by the Federal Controlled Substances Act, 21 U.S.C. §§ 801 et seq., or Nebraska Drug Control Laws, Neb. Rev. Stat. §§ 28-401 et seq., on University premises, or while engaged on University business or at University activities or in University supplied vehicles, either during or after working hours;
3. unauthorized use, manufacture, distribution, possession, or sale of alcohol on University premises or while on University business, or at University activities, or in University-supplied vehicles, either during or after working hours;
4. storing in a locker, desk, vehicle, or other place on University owned or occupied premises any unauthorized controlled substances, drug paraphernalia, or alcohol;
5. use of alcohol off University premises that adversely affects an employee's or student's work or academic performance, or an employee's or student's safety or the safety of others;
6. possession, use, manufacture, distribution, or sale of illegal drugs off University premises that adversely affects the employee's work performance or the student's academic performance, or an employee's or student's safety or the safety of others;
7. violation of State or Federal laws relating to the unauthorized use, possession, manufacture, distribution or sale of alcohol, controlled substances, or drug paraphernalia;
8. in the case of employees, failure to notify an employee's supervisor of an employee's arrest or conviction under any criminal drug statute as a result of a violation of law which occurs at the University of Nebraska workplace.

[The Standards of Conduct were approved by the Regents in 1990. See Board of Regents of the University of Nebraska, *Minutes*, Vol. 55, p. 204 (October 12, 1990) and Vol. 56, p. 149 (September 6, 1991).]

**B. DESCRIPTION OF APPLICABLE LEGAL SANCTIONS UNDER FEDERAL, STATE, OR LOCAL LAW FOR UNLAWFUL POSSESSION OR DISTRIBUTION OF ILLICIT DRUGS AND ALCOHOL**

The information on the following pages summarizes selected provisions of Federal, State, and local laws that provide criminal and civil penalties for unlawful possession or distribution of drugs and alcohol.

**1. Federal Penalties and Sanctions for Illegal Possession of Controlled Substances***21 U.S.C. § 844(a)*

First Conviction: Up to 1-year imprisonment and fine of at least \$1,000 or both. After one prior drug conviction: At least 15 days in prison, not to exceed 2 years, and a fine of at least \$2,500. After 2 or more prior drug convictions: at least 90 days in prison, not to exceed 3 years, and a fine of at least \$5,000.

*21 U.S.C. §§ 853(a) and 881(a)*

Forfeiture of tangible and intangible personal and real property used to possess or to facilitate possession of a controlled substance if that offense is punishable by more than 1-year imprisonment. Forfeiture of vehicles, boats, aircraft, or any other conveyance used, or intended for use, to transport or in any manner to facilitate the transportation, sale, receipt, possession, or concealment of controlled substances.

*21 U.S.C. § 844a*

Civil fine of up to \$10,000 for each violation of 21 U.S.C. § 844 involving controlled substances listed in 21 U.S.C. § 841(b)(1)(A).

*21 U.S.C. § 862*

Denial of Federal benefits, such as financial aid grants, contracts, student loans, and professional and commercial licenses, for individuals convicted of distributing controlled substances (drug trafficking). The denial can last up to 5 years for the first conviction and up to 10 years for the second conviction. Those who have three or more convictions will be permanently ineligible for all Federal benefits.

*18 U.S.C. § 922(g)*

Ineligible to receive or possess a firearm or ammunition.

*Miscellaneous*

Authority to revoke certain Federal licenses and benefits, e.g. pilot licenses, public housing tenancy, etc., is vested with the officials of individual Federal agencies.

The United States Drug Enforcement Administration publishes information that summarizes trafficking penalties under Federal law for various drugs. The information is available at [www.dea.gov/sites/default/files/drug\\_of\\_abuse.pdf](http://www.dea.gov/sites/default/files/drug_of_abuse.pdf). Note: These are only Federal penalties and sanctions. Additional *State* penalties and sanctions may apply.

## **2. State Penalties and Sanctions for Illegal Possession of Controlled Substances**

The framework for the regulation of most drugs, also called controlled substances, is set out in the Uniform Controlled Substances Act. In addition, other Nebraska State laws establish penalties for various drug-related offenses as summarized below. Charts 1 and 2 summarize the sanctions under Nebraska law for possession or distribution of various drugs.

### **Crimes Involving Minors:**

Any person 18 years of age or older who knowingly or intentionally manufactures, distributes, delivers, dispenses, or possesses with intent to manufacture, distribute, deliver or dispense a controlled substance or a counterfeit controlled substance (i) to a person (under the age of 18 years); (ii) in, on, or within 1,000 feet of a school, college, university, or playground; or (iii) within 100 feet of a youth center, public swimming pool, or video arcade shall be punished more severely. The law also provides for an enhanced penalty for anyone 18 years of age or older to knowingly and intentionally employ, hire, use, cause, persuade, coax, induce, entice, seduce, or coerce any person under the age of 18 years to manufacture, transport, distribute, carry, deliver, dispense, prepare for delivery, offer for delivery, or possess with intent to do the same a controlled substance or a counterfeit controlled substance. See Neb. Rev. Stat. § 28-416(4)(a) and (5)(a) (Cum. Supp. 2018).

Persons under the age of eighteen who violate the drug laws may be subject to additional sentencing provisions found in Neb. Rev. Stat. § 28-416(18) and (19) (C), these include impounding licenses or permits issued under the Motor Vehicle Operator's License Act, completion of community service, and attending drug education classes.

### **Probation Conditions:**

Any person convicted of a drug law violation, if placed on probation, shall, as a condition of probation, satisfactorily attend and complete appropriate treatment and counseling on drug abuse. Neb. Rev. Stat. § 28-416 (14) (Cum. Supp. 2018).

### **Tax Provisions:**

Anyone who possesses or sells the following amounts of controlled substances or imitation controlled substances must pay the appropriate taxes to the Nebraska Department of Revenue and have the stamps attached to the controlled substances. Marijuana is not included in the definition of "controlled substances" here but is also taxed, as follows:

Illegal marijuana is taxed at \$100 for each ounce or portion of an ounce. Neb. Rev. Stat. § 77-4303 (Reissue 2018).

Any controlled substance that is sold by weight or volume (i.e., cocaine, crack,

methamphetamine, etc.) is taxed at \$150 for each gram or portion of a gram. Neb. Rev. Stat. § 77-4303 (Reissue 2018).

Any controlled substance that is not sold by weight (i.e., LSD, Quaaludes, methamphetamine in tablets, PCP, etc.) is taxed at \$500 for each 50 dosage units or portion thereof. Neb. Rev. Stat. § 77-4303 (Reissue 2018).

Failure to have the proper tax stamps attached to the controlled substance is a Class IV felony, with a criminal penalty of up to a 2-year imprisonment and 12-month post-release supervision or a \$10,000 fine or both. Neb. Rev. Stat. § 28-105(1) (Cum.Supp. 2018) *available at* <http://nebraskalegislature.gov/laws>; Neb. Rev. Stat. §§ 77-4309 (Reissue 2018).

### **Property Forfeiture:**

Property used to manufacture, sell, or deliver controlled substances can be seized and forfeited to the State. Property subject to forfeiture may include cash, cars, boats, and airplanes, as well as drug paraphernalia, books, records, and research, including formulas, microfilm, tapes, and data. Neb. Rev. Stat. § 28-431 (Reissue 2016).

### **Being Under the Influence of Any Controlled Substance for Unauthorized Purpose:**

It is a violation of Nebraska law to be under the influence of any controlled substance for a purpose other than the treatment of a sickness or injury as prescribed or administered by a practitioner. In a prosecution, the State need not prove that the accused was under the influence of a specific controlled substance, only that the accused manifested symptoms or reactions caused by the use of any controlled substance. Neb. Rev. Stat. § 28-417(1)(g) (Reissue 2016).

### **Drug Paraphernalia Offenses:**

It is a violation of Nebraska law to use, or to possess with intent to use, drug paraphernalia to manufacture, inject, ingest, inhale, or otherwise introduce into the human body a controlled substance. Neb. Rev. Stat. § 28-441(1) (Cum. Supp. 2018). Individuals who make a good faith request for emergency medical assistance in response to their drug overdose or when assisting another person may experience limited immunity from drug possession and paraphernalia charges if they meet certain requirements, such as requesting medical assistance as soon as the drug overdose is apparent and remaining on the scene and cooperating with medical assistance or law enforcement personnel. Neb. Rev. Stat. § 28-441(3) (Cum. Supp. 2018); Neb. Rev. Stat. § 28-472 (Cum. Supp. 2018).

"Drug paraphernalia" is defined to include such things as hypodermic syringes, needles, pipes, bongs, roach clips, and other items used, intended for use, or designed for use with controlled substances. Neb. Rev. Stat. § 28-439 (Reissue 2016).

It is unlawful to deliver, possess with intent to deliver, or manufacture with intent to deliver drug paraphernalia knowing, or under circumstances in which one should reasonably know, that it will be used to manufacture, inject, ingest, inhale, or otherwise introduce into the human body a controlled substance. This section does not apply to pharmacists, pharmacist interns, pharmacy technicians, and pharmacy clerks who sell hypodermic syringes or needles for the prevention of the spread of infectious diseases. Neb. Rev. Stat. § 28-442 (Cum. Supp. 2018).

It is a violation of Nebraska law for a person 18 years of age or older to deliver drug paraphernalia to a person under the age of 18 who is at least three years his or her junior. Neb. Rev. Stat. § 28-443 (Reissue 2016).

A violation of Neb. Rev. Stat. § 28-441 (use or possession of drug paraphernalia) is an infraction and is punishable on the first offense by a fine of up to a maximum of \$100; a second offense within two years of the first is punishable by a fine between \$100 and \$300; a third offense within two years of the second is punishable by a fine between \$200 and \$500. Neb. Rev. Stat. §§ 28-441 and 29-436 (Reissue 2016). The penalty for violation of Neb. Rev. Stat. § 28-442 (delivery or manufacture of drug paraphernalia), which is a Class II misdemeanor, is up to a 6-month imprisonment or a \$1,000 fine or both. Neb. Rev. Stat. § 28-442 (Cum. Supp. 2018) and § 28-106(1) (Reissue 2016). The penalty for violation of Neb. Rev. Stat. § 28-443 (delivery of drug paraphernalia to a minor), a Class I misdemeanor, is imprisonment for up to one year or a \$1,000 fine or both. Neb. Rev. Stat. § 28-443 (Reissue 2016) and § 28-106(1) (Reissue 2016).

#### **Imitation Controlled Substances:**

It is a violation of Nebraska law to knowingly or intentionally manufacture, distribute, deliver, or possess with intent to distribute or deliver an imitation controlled substance. Neb. Rev. Stat. § 28-445 (Reissue 2016). "Imitation controlled substance" is a substance that is not a controlled substance or controlled substance analogue, but which is represented to be an illicit controlled substance or controlled substance analogue. Neb. Rev. Stat. § 28-401(29) (Cum. Supp. 2018). The first violation of this law is a Class III misdemeanor and the penalty may be a 3-month imprisonment or a \$500 fine or both. A second offense violation of this law is a Class II misdemeanor and the penalty may be imprisonment for up to six months or a \$1,000 fine or both. Neb. Rev. Stat. § 28-445 (Reissue 2016) and § 28-106(1) (Reissue 2016).

#### **Controlled Substance Analogues:**

For purposes of Nebraska's Uniform Controlled Substance Act, controlled substance analogues (often called "designer drugs") are treated as controlled substances. Such an analogue is defined as (i) substantially similar in chemical structure to the chemical structure

of a controlled substance or (ii) having a stimulant, depressant, analgesic or hallucinogenic effect on the central nervous system that is substantially similar to or greater than the effect of a controlled substance. Neb. Rev. Stat. § 28-401(30)(a) (Cum. Supp. 2018).

### **3. State Law Penalties and Sanctions for Selected Alcohol Offenses**

#### **Minor In Possession:**

It is against the law for a person under the age of 21 years to sell, dispense, consume, or possess alcohol. Neb. Rev. Stat. § 53-180.02 (Reissue 2010). In general, unless an exception applies, any person under the age of 21 years violating this law is guilty of a Class III misdemeanor; additional consequences may apply if the person is 18 years of age or younger. Neb. Rev. Stat. § 53-180.05(4) and § 53-181 (Cum. Supp. 2018); § 28-106(1) (Reissue 2016). Penalties for violation of this law may include one or more of the following: the impoundment of the offender's license for thirty days or more; the requirement to attend an alcohol education class; the requirement to complete twenty hours or more of community service; submission to an alcohol assessment by a licensed counselor; imprisonment of up to three months; and/or a \$500 fine;. Neb. Rev. Stat. § 53-180.05(4) and § 53-181 (Cum. Supp. 2018); § 28-106(1) (Reissue 2016).

The law provides immunity from minor in possession alcohol charges when someone underage is in need of medical assistance. A penalty may not be imposed on a person who otherwise violated the law if the person (i) made a good faith request for emergency medical assistance in response to the possible alcohol overdose of himself or herself or another person as soon as the emergency situation is apparent; (ii) Made the request for medical assistance; and (iii) when emergency medical assistance was requested for the possible alcohol overdose of another person: (A) remained on the scene until the medical assistance arrived; and (B) cooperated with medical assistance and law enforcement personnel. Neb. Rev. Stat. § 53-180.05(4) and § 53-181(3) (Cum. Supp. 2018).

#### **Procuring Alcohol:**

It is a violation of Nebraska law to sell, furnish, give away, exchange, deliver, or permit the sale, gift, or procuring of any alcoholic liquors to or for any minor or to any person who is mentally incompetent. Neb. Rev. Stat. § 53-180 (Cum. Supp. 2018). Violation of this law is generally punishable by not more than a one-year imprisonment or a \$1,000 fine or both. Neb. Rev. Stat. § 53-180.05(1) (Cum. Supp. 2018) and § 28-106(1) (Reissue 2016). However, if alcohol is knowingly and intentionally provided to a minor and the minor's consumption of the alcohol or impaired condition attributed to the alcohol leads to the serious bodily injury or death of any person, the person who provided the alcohol shall be guilty of a Class IIIA felony and serve a mandatory minimum of at least 30 days' imprisonment. The penalty for a Class IIIA felony is a 3-year imprisonment and 18-month post release supervision or a \$10,000 fine or both and a minimum of a 9-month post-release supervision if imprisonment is

imposed. See Neb. Rev. Stat. § 53-180.05(2) (Cum. Supp. 2018) and Neb. Rev. Stat. § 28-105(1) (Cum. Supp. 2018) available at <http://nebraskalegislature.gov/laws>.

### **Consumption on Public Property:**

It is a violation of Nebraska law for any person to consume alcoholic liquors upon property owned or controlled by the State or any governmental subdivision thereof, unless authorized by the governing bodies having jurisdiction over such properties. Neb. Rev. Stat. § 53-186 (Cum. Supp. 2018). A violation of this statute is punishable on the first offense by a fine of up to \$100; a second offense within two years of the first is punishable by a fine between \$100 and \$300; a third offense within two years of the second is punishable by a fine between \$200 and \$500. Neb. Rev. Stat. § 53-186 (Cum. Supp. 2018) and § 29-436 (Reissue 2016).

### **Driving While Intoxicated:**

Operating or being in physical control of a vehicle while under the influence of alcoholic liquors or drugs is a violation of Nebraska law when such person has a concentration of eight-hundredths (.08) of 1 gram or more by weight of alcohol per 100 milliliters of blood or per 210 liters of breath. Neb. Rev. Stat. § 60-6,196 (Reissue 2010).

Violation of this law is punishable on first offense by seven to 60 days of imprisonment and a \$500 fine. Neb. Rev. Stat. § 60-6,197.03 (Cum. Supp. 2018) and § 28-106(1) (Reissue 2016). In addition, an offender's driver's license is revoked for 6 months and the offender is ordered not to drive any motor vehicle for any purpose for a like period. Neb. Rev. Stat. § 60-6,197.03(1) (Cum. Supp. 2018). Suspended sentence or probation includes a mandatory requirement that probation or suspension be conditioned on an order that the offender will not drive any motor vehicle for any purpose for 60 days and pay a \$500 fine. Neb. Rev. Stat. § 60-6,197.03(1) (Cum. Supp. 2018).

Penalties for a second conviction include a \$500 fine and a maximum of a 6-month imprisonment, with no less than a mandatory 30-day imprisonment. Neb. Rev. Stat. § 60-6,197.03 (Cum. Supp. 2018) and § 28-106(1) (Reissue 2016). As part of the judgment of conviction, the offender's operator's license is revoked for 18 months. Neb. Rev. Stat. § 60-6,197.03(3) (Cum. Supp. 2018). If an offender is placed on probation or the sentence is suspended, a mandatory condition is that the offender must not drive any motor vehicle for any purpose for a period of 18 months. Neb. Rev. Stat. § 60-6,197.03(3) (Cum. Supp. 2018). In addition, the probation order shall include as one of its conditions the payment of a \$500 fine and confinement in the city or county jail for 10 days or the imposition of not less than 240 hours of community service. Neb. Rev. Stat. § 60-6,197.03(3) (Cum. Supp. 2018).

Penalties for a third conviction include a \$1,000 fine and a maximum of a one-year imprisonment, with a minimum 90-day imprisonment, and an order of license revocation for

15 years. Neb. Rev. Stat. § 28-106(1) (Reissue 2016) and Neb. Rev. Stat. § 60-6,197.03(4) (Cum. Supp. 2018). If an offender is placed on probation, or the sentence is suspended, a mandatory condition is that the offender's operator's license shall be revoked for a period of at least 2 years but not more than 15 years. Neb. Rev. Stat. § 60-6,197.03(4) (Cum. Supp. 2018). In addition, the probation order shall include the payment of a \$1,000 fine and as one of its conditions confinement in the city or county jail for 30 days. Neb. Rev. Stat. § 60-6,197.03(4) (Cum. Supp. 2018).

Fourth convictions are a Class IIIA felony. Neb. Rev. Stat. § 60-6,197.03(7) (Cum. Supp. 2018). Offenders in this class will have their licenses revoked for a period of 15 years and the offender must spend at least 180 days imprisoned in a city or county jail or an adult correctional facility. Neb. Rev. Stat. § 60-6,197.03(7) (Cum. Supp. 2018). Probation or suspension of sentence must be conditioned so that the offender's license is revoked for a period of 15 years. The revocation order shall require that the offender not drive for 45 days after which he or she may apply for an ignition interlock permit and installation of such device. Neb. Rev. Stat. § 60-6,197.03(7) (Cum. Supp. 2018). In addition, the probation order shall include as one of its conditions a \$2,000 fine and confinement in the city or county jail for no less than 90 days with required use of a continuous alcohol monitoring device and abstention from alcohol use for no less than 90 days after release. Neb. Rev. Stat. § 60-6,197.03(7) (Cum. Supp. 2018).

Fifth and subsequent convictions are a Class IIA felony. Neb. Rev. Stat. § 60-6,197.03(9) (Cum. Supp. 2018). Offenders in this class will have their licenses revoked for a period of 15 years and the offender must spend at least two years' in prison. Neb. Rev. Stat. § 60-6,197.03(9) (Cum. Supp. 2018). Probation or suspension of sentence must be conditioned so that the offender's license is revoked for a period of 15 years. The revocation order shall require that the offender not drive for 45 days after which he or she may apply for an ignition interlock permit and installation of such device. Neb. Rev. Stat. § 60-6,197.03(9) (Cum. Supp. 2018). In addition, the probation order shall include as one of its conditions a \$2,000 fine and confinement in the city or county jail for 180 days with required use of a continuous alcohol monitoring device and abstention from alcohol use for no less than 180 days after release. Neb. Rev. Stat. § 60-6,197.03(9) (Cum. Supp. 2018).

Persons with a higher concentration of alcohol, fifteen-hundredths (.15) of 1 gram or more by weight of alcohol per 100 milliliters of blood or per 210 liters of breath on a first conviction and subsequent conviction, are subject to even stiffer penalties. Neb. Rev. Stat. § 60-6,197.03(2), (5), (6), (8) and (10) (Cum. Supp. 2018). Where a person has three prior convictions and then has another conviction involving this higher alcohol concentration, he or she shall be guilty of a Class IIA felony with a minimum sentence of one year of imprisonment, and has his or her license revoked for a period of 15 years. Neb. Rev. Stat. § 60-6,197.03(8) (Cum. Supp. 2018). In addition, any probation order shall be applied as previously indicated under Neb. Rev. Stat. § 60-6,197.03(7) (Cum. Supp. 2018).



Persons convicted of a DWI violation may be ordered to have an ignition interlock device installed at their expense on each motor vehicle operated by the convicted person during the period of revocation. Neb. Rev. Stat. §§ 60-6,197.03 and 60-6,211.05 (Cum. Supp. 2018). DWI convictions also have an impact on the ability of a person to obtain both automobile and life insurance coverage.

Local laws may also make it a crime to operate a motor vehicle under the influence of alcohol or to commit certain acts involving the consumption or possession of alcohol, e.g. “open container” laws.

### **C. DESCRIPTION OF HEALTH RISKS ASSOCIATED WITH USE OF ILLICIT DRUGS AND ABUSE OF ALCOHOL**

Serious health risks are associated with the use of illicit drugs and alcohol. The National Institute on Drug Abuse states that most drugs of abuse can alter a person’s thinking and judgment, leading to health risks, including addiction, drugged driving and infectious disease. Most drugs could potentially harm an unborn baby; pregnancy-related issues are listed for drugs where there is enough scientific evidence to connect the drug use to specific negative effects. The following are some important facts to know regarding alcohol and drugs.

**1. Alcohol:** Below are key points the National Institute on Alcohol Abuse and Alcoholism provides regarding alcohol’s effects on the body at <https://www.niaaa.nih.gov>. Drinking too much – on a single occasion or over time – can take a serious toll on your health. Here’s how alcohol can affect your body:

- **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; and 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; and 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.
- **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; esophageal cancer; liver cancer; breast cancer; and colorectal cancer.

- 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.

2. **Drugs:** With drugs, it has been shown that while initial use may have been voluntary, drugs of abuse alter gene expression and brain circuitry, which affects human behavior and becomes an addiction. Once addiction develops, the brain changes interfere with one's ability to make voluntary decisions, leading to compulsive drug craving, seeking and use. The long-term use of drugs can be far reaching and affect cardiovascular disease, stroke, cancer, HIV/AIDS, hepatitis, and lung disease. Drugs use has respiratory, gastrointestinal and musculoskeletal effects, and can damage kidneys, the liver, the brain and lead to premature death. In addition, the changes that occur in the brain through long-term drug use can lead to paranoia, depression, aggression, and hallucinations. These issues affect not only the individual, but loved ones, fellow students, and the public in general.

The health risks of alcohol and substances abuse are more thoroughly described by the National Institute on Drug Abuse through charts and information available at <http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs-charts>.<sup>1</sup>

## **D. ASSISTANCE, UNIVERSITY SANCTIONS, AND OTHER INFORMATION**

### **Assistance:**

Employees and students needing help in dealing with drug or alcohol problems are encouraged to make voluntary use of their campus Employee Assistance Programs and Student Counseling Centers. The Employee Assistance Programs and Student Counseling Centers can help by offering the following services:

- Objectively assessing the situation and referring employees or students to the proper resources.
- Supplying short-term personal counseling and problem solving.
- Providing education and training to supervisors on how to intervene with troubled employees.

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<sup>1</sup> Last visited on July 15, 2019.

### **University Sanctions:**

In the event a faculty or staff member violates this policy or is convicted of unlawful manufacture, distribution, dispensation, possession or use of controlled substances or alcohol on University property or as part of any University activity, the University will take appropriate action.

For Administrators, staff, and faculty not included in the UNK or UNO collective bargaining units, one or more of the following actions may be taken:

- Referral to the Faculty/Employee Assistance Program for evaluation and assessment to determine the appropriate treatment for rehabilitation;
- Participation in a drug rehabilitation program;
- Disciplinary action, up to and including termination of employment and referral for prosecution.

For faculty included in the UNK or UNO collective bargaining units, conviction of drug law offenses may be considered adequate cause for imposition of the disciplinary process provided in the Collective Bargaining Agreement. Violation of this policy may also be considered adequate for imposition of the disciplinary process and referral for prosecution.

As required by 41 U.S.C. § 8102(1), part of the Drug-Free Workplace Act of 1988, faculty and staff involved in the performance of federal contracts or grants must notify their supervisor within five days if they are convicted of any criminal drug statute as a result of violation of the law that occurs at the workplace. The term “conviction” means a finding of guilt (including a plea of nolo contendere) or imposition of sentence, or both, by any judicial body charged with the responsibility to determine violation of the Federal or State criminal drug statutes. The supervisor will immediately notify the Academic Affairs Office when faculty members are affected or the Human Resources Office when staff members are affected. The University, in turn, will notify the applicable granting or contracting agency or agencies of the conviction within ten days after receiving notice of an employee’s criminal drug statute conviction.

### **Review:**

Biennially, the University will review its Substance Abuse Policy/Program to determine its effectiveness and to ensure that the sanctions required for violations of the policy are consistently enforced.

**CHART 1**  
**SANCTIONS UNDER NEBRASKA LAW FOR UNLAWFUL POSSESSION OR DISTRIBUTION OF ANABOLIC STEROIDS,  
MARIJUANA, AND HASHISH OR OTHER SUBSTANCES CONTAINING TETRAHYDROCANNABINOLS**

Drug	Quantity	Penalty for "simple" possession	Penalty for manufacture, distribution, delivery, dispensation, or possession with intent to manufacture, distribute, deliver or dispense
Anabolic Steroids <sup>1</sup> Schedule III(d)	Any detectable amount	Up to 2 years imprisonment and 12 months post-release supervision (with 9-month minimum post-release supervision if imprisoned) or \$10,000 fine, or both. Class IV felony.	Up to 20 years imprisonment; Class IIA felony.
Hashish or Concentrated Cannabis <sup>2</sup> Schedule I(c)(16)	Any detectable amount	Up to 2 years imprisonment and 12 months post-release supervision (with 9-month minimum post-release supervision if imprisoned) or \$10,000 fine, or both. Class IV felony.	Up to 20 years imprisonment; Class IIA felony.
Marijuana <sup>3</sup> Schedule I(c)(7)  Or  Synthetically Produced Cannabinoids <sup>4</sup> Schedule I (c)(25)	Any detectable amount up to 1 ounce	1st offense - \$300 fine and possible assignment to controlled substances course. Infraction.  2nd offense - \$400 fine and up to five days imprisonment. Class IV misdemeanor.  3rd and subsequent offenses - \$500 fine and imprisonment not to exceed 7 days. Class IIIA misdemeanor.	Up to 20 years imprisonment; Class IIA felony.
	More than 1 ounce but less than 1 pound	Up to 3 months imprisonment or \$500 fine or both. Class III misdemeanor.	
	More than one pound	Up to 2 years imprisonment and 12 months post-release supervision (with 9-month minimum post-release supervision if imprisoned) or \$10,000 fine, or both. Class IV felony.	

<sup>1</sup> "Anabolic steroid means any drug or hormonal substance, chemically and pharmacologically related to testosterone (other than estrogens, progestins, and corticosteroids), that promotes muscle growth and includes any controlled substance in Schedule III(d) of section 28-405. Anabolic steroid does not include any anabolic steroid which is expressly intended for administration through implants to cattle or other nonhuman species and has been approved by the Secretary of Health and Human Services for such administration, but if any person prescribes, dispenses, or distributes such a steroid for human use, such person shall be considered to have prescribed, dispensed, or distributed an anabolic steroid within the meaning of this subdivision" Neb. Rev. Stat. § 28-401 (31) (Cum. Supp. 2018).

<sup>2</sup> "Hashish or concentrated cannabis means (a) the separated resin, whether crude or purified, obtained from a plant of the genus cannabis or (b) any material, preparation, mixture, compound, or other substance which contains ten percent or more by weight of tetrahydrocannabinols. When resins extracted from industrial hemp as defined in section 2-5701 are in the possession of a person as authorized under section 2-5701, they are not considered hashish or concentrated cannabis for purposes of the Uniform Controlled Substances Act." Neb. Rev. Stat. § 28-401(27) (Cum. Supp. 2018).

<sup>3</sup> "Marijuana" is defined at Neb. Rev. Stat. § 28-401(13) (Cum. Supp. 2018).

<sup>4</sup> Nomenclature for these cannabinoids is not internationally recognized and may change; so as long as the chemical structure of a drug fits into this drug's enumerated categories, it shall be included. See Neb. Rev. Stat. § 28-405, Schedule I (c)(25) (Cum. Supp. 2018).

Last reviewed July 2019

**CHART 2**  
**SANCTIONS UNDER NEBRASKA LAW FOR UNLAWFUL POSSESSION OR DISTRIBUTION OF ILLICIT DRUGS**

<b>Drug<sup>1</sup></b>	<b>Quantity</b>	<b>Penalty for "simple" possession</b>	<b>Penalty for manufacture, distribution, delivery, dispensation, possession with intent to manufacture, distribute, deliver or dispense</b>
Methamphetamine "Meth" or "Speed" Schedule <sup>2</sup> II(c)(3)	Any detectable amount up to 10 grams	Up to 2 years imprisonment and 9-12 months post-release supervision or \$10,000 fine or both. Class IV felony.	Not less than 1 year imprisonment and not more than 50 years imprisonment. Class II felony.
	At least 10 grams but less than 28 grams		Not less than 3 years imprisonment and not more than 50 years imprisonment. Class 1D felony.
	At least 28 grams but less than 140 grams		Not less than 5 years imprisonment and not more than 50 years imprisonment. Class 1C felony.
	140 grams or more		Not less than 20 years imprisonment and not more than life imprisonment. Class 1B felony.
Heroin Schedule I(b)(11)	Any detectable amount up to 10 grams	Up to 2 years imprisonment and 9-12 months post-release supervision or \$10,000 fine or both. Class IV felony.	Not less than 1 year imprisonment and not more than 50 years imprisonment. Class II felony.
	At least 10 grams but less than 28 grams		Not less than 3 years imprisonment and not more than 50 years imprisonment. Class 1D felony.
	At least 28 grams but less than 140 grams		Not less than 5 years imprisonment and not more than 50 years imprisonment. Class 1C felony.
	140 grams or more		Not less than 20 years imprisonment and not more than life imprisonment. Class 1B felony.
Cocaine or Base Cocaine "Crack Cocaine" Schedule II(a)(4)	Any detectable amount up to 10 grams	Up to 2 years imprisonment and 9-12 months post-release supervision or \$10,000 fine or both. Class IV felony.	Not less than 1 year imprisonment and not more than 50 years imprisonment. Class II felony.
	At least 10 grams but less than 28 grams		Not less than 3 years imprisonment and not more than 50 years imprisonment. Class 1D felony.
	At least 28 grams but less than 140 grams		Not less than 5 years imprisonment and not more than 50 years imprisonment. Class 1C felony.
	140 grams or more		Not less than 20 years imprisonment and not more than life imprisonment. Class 1B felony.
Phencyclidine "PCP" or "Angel Dust" Schedule II(d)(4)	Any detectable amount	Up to 2 years imprisonment and 9-12 months post-release supervision or \$10,000 fine or both. Class IV felony.	Not less than 1 year imprisonment and not more than 50 years imprisonment. Class II felony.
Lysergic Acid Diethylamide "LSD" Schedule I(c)(6)	Any detectable amount	Up to 2 years imprisonment and 9-12 months post-release supervision or \$10,000 fine or both. Class IV felony.	Up to 4 years imprisonment and 9-24 months post-release supervision or \$25,000 fine or both. Class III felony.
Fentanyl "China White" Schedule II(b)(5)	Any detectable amount	Up to 2 years imprisonment and 9-12 months post-release supervision or \$10,000 fine or both. Class IV felony.	Not less than 1 year imprisonment and not more than 50 years imprisonment. Class II felony.
"Exceptionally Hazardous Drugs" <sup>3</sup>	Any detectable amount	Up to 2 years imprisonment and 9-12 months post-release supervision or \$10,000 fine or both. Class IV felony.	Not less than 1 year imprisonment and not more than 50 years imprisonment. Class II felony.
Schedule I/II/III drugs not classified as "Exceptionally Hazardous Drugs"	Any detectable amount	Up to 2 years imprisonment and 9-12 months post-release supervision or \$10,000 fine or both. Class IV felony.	Up to 20 years imprisonment. Class IIA felony.
Any Controlled Substances classified in Schedule IV or V	Any detectable amount	Up to 2 years imprisonment and 9-12 months post-release supervision or \$10,000 fine or both. Class IV felony.	Up to 3 years imprisonment and 9-18 months post-release supervision or \$10,000 or both. Class IIIA felony.

<sup>1</sup> Outlined in Neb. Rev. Stat. § 28-416 (Cum. Supp. 2018).

<sup>2</sup> All references are to the controlled substances schedules enumerated in Neb. Rev. Stat. § 28-405 (Cum. Supp. 2018).

<sup>3</sup> "Exceptionally Hazardous Drug" is defined in the Uniform Controlled Substances Act, Neb. Rev. Stat. § 28-401 (28) (Cum. Supp. 2018).

### CHART 3: COMMONLY ABUSED DRUGS AND HEALTH RISKS

Source: National Institute on Drug Abuse, <http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs-charts>

Alcohol	
<b>Possible Health Effects</b>	Drinking too much – on a single occasion or over time – can take a serious toll on your health. According to the National Institute on Alcohol Abuse and Alcoholism, alcohol can interfere with the healthy functioning of various parts of your body and cause problems with your brain, heart, liver, pancreas, and immune system. It may increase your risk of developing certain cancers such as mouth, esophagus, throat, liver, and/or breast. Alcohol can disrupt fetal development at any stage during a pregnancy. Drinking during pregnancy can cause brain damage, leading to a range of developmental, cognitive, and behavioral problems, which can appear at any time during childhood. Fetal Alcohol Spectrum Disorders (FASD) is the umbrella term for the different diagnoses. Combining alcohol with many of the drugs listed below increases the negative health risks associated with the drugs.

Ayahuasca		<b>Possible Health Effects:</b>
<b>Street Name</b>	Aya, Yagé, Hoasca	<b>Short-Term:</b> Strong hallucinations including perceptions of otherworldly imagery, altered visual and auditory perceptions; increased blood pressure; vomiting. <b>Long-Term:</b> Possible changes to the serotonergic and immune systems, although more research is needed. <b>Other Health-Related Issues:</b> Unknown
<b>Commercial Name</b>	None	
<b>Common Forms</b>	Brewed as tea	
<b>Common Ways Taken</b>	Swallowed as tea	
<b>DEA Schedule</b>	DMT is Schedule I, but plants containing it are not controlled	

Central Nervous System Depressants		<b>Possible Health Effects:</b>
<b>Street Name</b>	Barbs, phennies, red birds, reds, tooies, yellow jackets, yellows	<b>Short Term:</b> Drowsiness, slurred speech, poor concentration, confusion, dizziness, problems with movement and memory, lowered blood pressure, slowed breathing. <b>Long-Term:</b> Unknown <b>Other Health-Related Issues:</b> Sleep medications are sometimes used as date rape drugs. Risk of HIV, hepatitis, and other infectious diseases from shared needles.
<b>Commercial Name</b>	Barbiturates: pentobarbital (Nembutal®)	
<b>Common Forms</b>	Pill, capsule, liquid	
<b>Common Ways Taken</b>	Swallowed, injected	
<b>DEA Schedule</b>	Schedule II, III, or IV	

Central Nervous System Depressants (continued)	
<b>Street Name</b>	Candy, downers, sleeping pills, tranks
<b>Commercial Name</b>	Benzodiazepines: alprazolam (Xanax®), chlorodiazepoxide (Librium®), diazepam (Valium®), lorazepam (Ativan®), triazolam (Halicon®)
<b>Common Forms</b>	Pill, capsule, liquid
<b>Common Ways Taken</b>	Swallowed, snorted
<b>DEA Schedule</b>	Schedule IV

Central Nervous System Depressants (continued)	
<b>Street Name</b>	Forget-me pill, Mexican valium, R2, roche, roofies, roofinol, rope, rophies
<b>Commercial Name</b>	Sleep Medications: eszopiclone (Lunesta®), zaleplon (Sonata®), zolpidem (Ambien®)
<b>Common Forms</b>	Pill, capsule, liquid
<b>Common Ways Taken</b>	Swallowed, snorted
<b>DEA Schedule</b>	Schedule IV

Cocaine		<b>Possible Health Effects:</b>
<b>Street Name</b>	Blow, Bump, C, Candy, Charlie, Coke, Crack, Flake, Rock, Snow, Toot	<b>Short-Term:</b> 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. <b>Long-Term:</b> 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 from decreased appetite. <b>Other Health-Related Issues:</b> Pregnancy: premature delivery, low birth weight, neonatal abstinence syndrome. Risk of HIV, hepatitis, and other infectious diseases from shared needles.
<b>Commercial Name</b>	Cocaine hydrochloride topical solution (anesthetic rarely used in medical procedures)	
<b>Common Forms</b>	White powder, whitish rock crystal	
<b>Common Ways Taken</b>	Snorted, smoked, injected	
<b>DEA Schedule</b>	Schedule II	

DMT		<b>Possible Health Effects:</b>
<b>Street Name</b>	DMT, Dimitri	<b>Short-Term:</b> Intense visual hallucinations, depersonalization, auditory distortions, and an altered perception of time and body image, usually resolving in 30-45 minutes or less. Physical effects include hypertension,
<b>Commercial Name</b>	None	
<b>Common Forms</b>	White or yellow crystalline powder	
<b>Common Ways Taken</b>	Smoked, injected	

<b>DEA Schedule</b>	Schedule I	increased heart rate, agitation, seizures, dilated pupils, involuntary rapid eye movements, dizziness, incoordination. <u>Long-Term:</u> Unknown <u>Other Health-Related Issues:</u> At high doses, coma and respiratory arrest have occurred.
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<b>GHB</b>		<b>Possible Health Effects:</b> <u>Short-Term:</u> Euphoria, drowsiness, decreased anxiety, confusion, memory loss, hallucinations, excited and aggressive behavior, nausea, vomiting, unconsciousness, seizures, slowed heart rate and breathing, lower body temperatures, coma, death. <u>Long-Term:</u> Unknown. <u>Other Health-Related Issues:</u> Sometimes used as a date rape drug.
<b>Street Name</b>	G, Georgia Home Boy, Goop, Grievous Bodily Harm, Liquid Ecstasy, Liquid X, Soap, Scoop	
<b>Commercial Name</b>	Gamma-hydroxybutyrate or sodium oxybate (Xyrem®)	
<b>Common Forms</b>	Colorless liquid, white powder	
<b>Common Ways Taken</b>	Swallowed (often combined with alcohol or other beverages)	
<b>DEA Schedule</b>	Schedule I	

<b>Hallucinogens and dissociative drugs</b>		<b>Possible Health Effects:</b> <u>Short-Term:</u> Disrupt a person's ability to think and communicate rationally, or even recognize reality; some results in bizarre or dangerous behavior; some cause emotions to swing wildly and real-world sensations to appear unreal; feel out of control; feeling of disconnection from body or environment. <u>Long-Term:</u> Associated with psychotic-like episodes long after a person has taken the drug; respiratory depression; heart rate abnormalities; withdrawal syndrome.
<b>Street Name</b>	Acid, Angel Dust, and Vitamin K	
<b>Commercial Name</b>	None	
<b>Common Forms</b>	Varies by type. <i>See hallucinogens - LSD, Psilocybin, DMT, &amp; Ayahuasca; See also dissociative drugs - PCP, ketamine, dextromethorphan, and Salvia</i>	
<b>Common Ways Taken</b>	Varies by type. <i>See hallucinogens - LSD, Psilocybin, DMT, &amp; Ayahuasca; See also dissociative drugs - PCP, ketamine, dextromethorphan, and Salvia</i>	
<b>DEA Schedule</b>	Schedule I	

<b>Heroin</b>		<b>Possible Health Effects:</b> <u>Short-Term:</u> Euphoria; dry mouth; itching; nausea; vomiting; analgesia; slowed breathing and heart rate. <u>Long-Term:</u> Collapsed veins; abscesses (swollen tissue with pus); infection of the lining and valves in the heart; constipation and stomach cramps; liver or kidney disease; pneumonia. <u>Other Health-Related Issues:</u> Pregnancy: miscarriage, low birth weight, neonatal abstinence syndrome. Risk of HIV, hepatitis, and other infectious diseases from shared needles. Dangerous slowdown of heart rate and breathing, coma, death. Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey"), leg movements.
<b>Street Name</b>	Brown sugar, China White, Dope, H, Horse, Junk, Skag, Skunk, Smack, White Horse With OTC cold medicine and antihistamine: Cheese	
<b>Commercial Name</b>	None	
<b>Common Forms</b>	White or brownish powder, or black sticky substance known as "black tar heroin"	
<b>Common Ways Taken</b>	Injected, smoked, snorted	
<b>DEA Schedule</b>	Schedule I	

<b>Inhalants</b>		<b>Possible Health Effects:</b> <u>Short-Term:</u> 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. <u>Long-Term:</u> 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. Nitrates: increased risk of pneumonia. <u>Other Health-Related Issues:</u> Pregnancy: low birth weight, bone problems, delayed behavioral development due to brain problems, altered metabolism and body composition.
<b>Street Name</b>	Poppers, snappers, whippets, laughing gas	
<b>Commercial Name</b>	Various	
<b>Common Forms</b>	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	
<b>Common Ways Taken</b>	Inhaled through the nose or mouth	
<b>DEA Schedule</b>	Not scheduled.	

<b>Ketamine</b>		<p><b>Possible Health Effects:</b>  <u>Short-Term:</u> Problems with attention, learning, and memory; dreamlike states, hallucinations; sedation; confusion and problems speaking; loss of memory; problems moving, to the point of being immobile; raised blood pressure; unconsciousness; slowed breathing that can lead to death.  <u>Long-Term:</u> Ulcers and pain in the bladder; kidney problems; stomach pain; depression; poor memory.  <u>Other Health-Related Issues:</u> Sometimes used as a date rape drug. Risk of HIV, hepatitis, and other infectious diseases from shared needles.</p>
<b>Street Name</b>	Cat Valium, K, Special K, Vitamin K	
<b>Commercial Name</b>	Ketalar®	
<b>Common Forms</b>	Liquid, white powder	
<b>Common Ways Taken</b>	Injected, snorted, smoked (powder added to tobacco or marijuana cigarettes), swallowed	
<b>DEA Schedule</b>	Schedule III	

<b>Khat</b>		<p><b>Possible Health Effects:</b>  <u>Short-Term:</u> Euphoria, increased alertness and arousal, increased blood pressure and heart rate, depression, inability to concentrate, irritability, loss of appetite, insomnia.  <u>Long-Term:</u> Gastrointestinal disorders such as constipation, ulcers, and stomach inflammation; and increased risk of heart attack.  <u>Other Health-Related Issues:</u> Un known</p>
<b>Street Name</b>	Abyssinian Tea, African Salad, Catha, Chat, Kat, Oat	
<b>Commercial Name</b>	None	
<b>Common Forms</b>	Fresh or dried leaves	
<b>Common Ways Taken</b>	Chewed, brewed as tea	
<b>DEA Schedule</b>	Cathinone is a Schedule I drug, making khat use illegal, but the khat plant is not controlled	

<b>Kratom</b>		<p><b>Possible Health Effects:</b>  <u>Short-Term:</u> Nausea, dizziness, itching, sweating, dry mouth, constipation, loss of appetite.  Low doses: increased energy, sociability, alertness.  High doses: sedation, euphoria, decreased pain.  <u>Long-Term:</u> Anorexia, weight loss, insomnia, skin darkening, dry mouth, frequent urination, constipation; hallucinations with long-term use at high doses in some users.  <u>Other Health-Related Issues:</u> Unknown</p>
<b>Street Name</b>	Herbal Speedball, Biak-biak, Ketum, Kahuam, Ithang, Thom	
<b>Commercial Name</b>	None	
<b>Common Forms</b>	Fresh or dried leaves, powder, liquid, gum	
<b>Common Ways Taken</b>	Chewed (whole leaves); eaten (mixed in food or brewed as tea); occasionally smoked	
<b>DEA Schedule</b>	Not scheduled.	

<b>LSD</b>		<p><b>Possible Health Effects:</b>  <u>Short-Term:</u> Rapid emotional swings; distortion of a person's ability to recognize reality, think rationally, or communicate with others; raised blood pressure, heart rate, body temperature; dizziness and insomnia; loss of appetite; dry mouth; sweating; numbness; weakness; tremors; enlarged pupils.  <u>Long-Term:</u> Frightening flashbacks (called Hallucinogen Persisting Perception Disorder [HPPD]); ongoing visual disturbances, disorganized thinking, paranoia, and mood swings.  <u>Other Health-Related Issues:</u> Unknown</p>
<b>Street Name</b>	Acid, Blotter, Blue Heaven, Cubes, Microdot, Yellow Sunshine	
<b>Commercial Name</b>	None	
<b>Common Forms</b>	Tablet; capsule; clear liquid; small, decorated squares of absorbent paper that liquid has been added to	
<b>Common Ways Taken</b>	Swallowed, absorbed through mouth tissues (paper squares)	
<b>DEA Schedule</b>	Schedule I	

<b>Marijuana (Cannabis)</b>		<p><b>Possible Health Effects:</b>  <u>Short-Term:</u> 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; hallucinations; anxiety; panic attacks; psychosis.  <u>Long-Term:</u> Mental health problems, chronic cough, frequent respiratory infections.  <u>Other Health-Related Issues:</u> Youth: possible loss of IQ points when repeated use begins in adolescence. Pregnancy: babies born with problems with attention, memory, and problem solving. Irritability, trouble sleeping, decreased appetite, anxiety.</p>
<b>Street Name</b>	Blunt, Bud, Dope, Ganja, Grass, Green, Herb, Joint, Mary Jane, Pot, Reefer, Sinsemilla, Skunk, Smoke, Trees, Weed; Hashish: Boom, Gangster, Hash, Hemp	
<b>Commercial Name</b>	Various brand names in states where the sale of marijuana is legal	
<b>Common Forms</b>	Greenish-gray mixture of dried, shredded leaves, stems, seeds, and/or flowers; resin (hashish) or sticky, black liquid (hash oil)	
<b>Common Ways Taken</b>	Smoked, eaten (mixed in food or brewed as tea)	
<b>DEA Schedule</b>	Schedule I	

<b>MDMA (Ecstasy/Molly)</b>		<p><b>Possible Health Effects:</b>  <u>Short-Term:</u> Lowered inhibition; enhanced sensory perception; confusion; depression; sleep problems; anxiety; increased heart rate and blood pressure; muscle tension; teeth clenching; nausea; blurred vision; faintness; chills or</p>
<b>Street Name</b>	Adam, Clarity, Eve, Lover's Speed, Peace, Uppers	
<b>Commercial Name</b>	None	
<b>Common Forms</b>	Colorful tablets with imprinted logos, capsules, powder, liquid	



<b>Common Ways Taken</b>	Swallowed, snorted	sweating; sharp rise in body temperature leading to liver, kidney, or heart failure and death. <u>Long-Term:</u> Long-lasting confusion, depression, problems with attention, memory, and sleep; increased anxiety, impulsiveness, aggression; loss of appetite; less interest in sex. <u>Other Health-Related Issues:</u> Unknown. May increase risk of cell and organ damage. Fatigue, loss of appetite, depression, trouble concentrating.
<b>DEA Schedule</b>	Schedule I	

<b>Mescaline (Peyote)</b>		<b>Possible Health Effects:</b> <u>Short-Term:</u> Enhanced perception and feeling; hallucinations; euphoria; anxiety; increased body temperature, heart rate, blood pressure; sweating; problems with movement <u>Long-Term:</u> Unknown. <u>Other Health-Related Issues:</u> Unknown.
<b>Street Name</b>	Buttons, Cactus, Mesc	
<b>Commercial Name</b>	None	
<b>Common Forms</b>	Fresh or dried buttons, capsule	
<b>Common Ways Taken</b>	Swallowed (chewed or soaked in water and drunk)	
<b>DEA Schedule</b>	Schedule I	

<b>Methamphetamine</b>		<b>Possible Health Effects:</b> <u>Short-Term:</u> Increased wakefulness and physical activity; decreased appetite; increased breathing, heart rate, blood pressure, temperature; irregular heartbeat. <u>Long-Term:</u> 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. <u>Other Health-Related Issues:</u> 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. When combined with alcohol, it masks the depressant effect of alcohol, increasing risk of alcohol overdose; may increase blood pressure and jitters. Withdrawal symptoms include depression, anxiety, and tiredness.
<b>Street Name</b>	Crank, Chalk, Crystal, Fire, Glass, Go Fast, Ice, Meth, Speed	
<b>Commercial Name</b>	Desoxyn®	
<b>Common Forms</b>	White powder or pill; crystal meth looks like pieces of glass or shiny blue-white "rocks" of different sizes	
<b>Common Ways Taken</b>	Swallowed, snorted, smoked, injected	
<b>DEA Schedule</b>	Schedule II	

<b>Over-the-counter Cough/Cold Medicines (Dextromethorphan or DMX)</b>		<b>Possible Health Effects:</b> <u>Short-Term:</u> Cough relief; euphoria; slurred speech; increased heart rate and blood pressure; dizziness; nausea; vomiting <u>Long-Term:</u> Unknown. <u>Other Health-Related Issues:</u> Breathing problems, seizures, and increased heart rate may occur from other ingredients in cough/cold medicines. In combination with alcohol, increased risk of these adverse effects.
<b>Street Name</b>	Robotripping, Robo, Triple C	
<b>Commercial Name</b>	Various (many brand names include "DM")	
<b>Common Forms</b>	Syrup, capsule	
<b>Common Ways Taken</b>	Swallowed	
<b>DEA Schedule</b>	Not scheduled	

<b>Over-the-County Medicines--Loperamide</b>		<b>Possible Health Effects:</b> <u>Short-Term:</u> Controls diarrhea symptoms. In high doses, can produce euphoria. May lessen cravings and withdrawal symptoms of other drugs. <u>Long-Term:</u> Unknown <u>Other Health-Related Issues:</u> Fainting, stomach pain, constipation, loss of consciousness, cardiovascular toxicity, pupil dilation, and kidney failure from urinary retention.
<b>Street Name</b>	None	
<b>Commercial Name</b>	Immodium	
<b>Common Forms</b>	Tablet, capsule, or liquid	
<b>Common Ways Taken</b>	Swallowed	
<b>DEA Schedule</b>	Not scheduled	

<b>PCP</b>		<b>Possible Health Effects:</b> <u>Short-Term:</u> Delusions, hallucinations, paranoia, problems thinking, a sense of distance from one's environment, anxiety. Low doses: slight increase in breathing rate; increased blood pressure and heart rate; shallow breathing; face redness and sweating; numbness of the hands or feet; problems with movement. High doses: nausea; vomiting; flicking up and down of the eyes; drooling; loss of balance; dizziness; violence; seizures, coma, and death.
<b>Street Name</b>	Angel Dust, Boat, Hog, Love Boat, Peace Pill	
<b>Commercial Name</b>	None	
<b>Common Forms</b>	White or colored powder, tablet, or capsule; clear liquid	
<b>Common Ways Taken</b>	Injected, snorted, swallowed, smoked (powder added to mint, parsley, oregano, or marijuana)	
<b>DEA Schedule</b>	Schedule I, II	

		<p><b>Long-Term:</b> Memory loss, problems with speech and thinking, loss of appetite, anxiety.</p> <p><b>Other Health-Related Issues:</b> PCP has been linked to self-injury. Risk of HIV, hepatitis, and other infectious diseases from shared needles. Increased risk of coma. Headaches, sweating.</p>
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<b>Prescription Opioids</b>		<p><b>Possible Health Effects:</b></p> <p><b>Short-Term:</b> Pain relief, drowsiness, nausea, constipation, euphoria, confusion, slowed breathing, death.</p> <p><b>Long-Term:</b> Increased risk of overdose or addiction if misused.</p> <p><b>Other Health-Related Issues:</b> Pregnancy: Miscarriage, low birth weight, neonatal abstinence syndrome.</p> <p>Older adults: higher risk of accidental misuse or abuse because many older adults have multiple prescriptions, increasing the risk of drug-drug interactions, and breakdown of drugs slows with age; also, many older adults are treated with prescription medications for pain.</p> <p>Risk of HIV, hepatitis, and other infectious diseases from shared needles. In combination with alcohol, dangerous slowing of heart rate and breathing leading to coma and death. Withdrawal symptoms include restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey"), leg movements.</p>
<b>Street Name</b>	Captain Cody, Cody, Lean, Schoolboy, Sizzurp, Purple Drank with glutethimide: Doors & Fours, Loads, Pancakes and Syrup	
<b>Commercial Name</b>	Codeine (various brand names)	
<b>Common Forms</b>	Tablet, capsule, liquid	
<b>Common Ways Taken</b>	Injected, swallowed (often mixed with soda and flavorings)	
<b>DEA Schedule</b>	Schedule II, III, V	
<b>Prescription Opioids (continued)</b>		
<b>Street Name</b>	Apache, China Girl, China White, Dance Fever, Friend, Goodfella, Jackpot, Murder 8, Tango and Cash, TN	
<b>Commercial Name</b>	Fentanyl (Actiq®, Duragesic®, Sublimaze®)	
<b>Common Forms</b>	Lozenge, sublingual tablet, film, buccal tablet	
<b>Common Ways Taken</b>	Injected, smoked, snorted	
<b>DEA Schedule</b>	Schedule II	
<b>Prescription Opioids (continued)</b>		<p><b>Possible Health Effects:</b></p> <p><i>See Prescription Opioids, page 4</i></p>
<b>Street Name</b>	Vike, Watson-387	
<b>Commercial Name</b>	Hydrocodone or dihydrocodeinone (Vicodin®, Lortab®, Lorcet®, and others)	
<b>Common Forms</b>	Capsule, liquid, tablet	
<b>Common Ways Taken</b>	Swallowed, snorted, injected	
<b>DEA Schedule</b>	Schedule II	
<b>Prescription Opioids (continued)</b>		
<b>Street Name</b>	D, Dillies, Footballs, Juice, Smack	
<b>Commercial Name</b>	Hydromorphone (Dilaudid®)	
<b>Common Forms</b>	Liquid, suppository	
<b>Common Ways Taken</b>	Injected, rectal	
<b>DEA Schedule</b>	Schedule II	
<b>Prescription Opioids (continued)</b>		
<b>Street Name</b>	Demmys, Pain Killer	
<b>Commercial Name</b>	Meperidine (Demerol®)	
<b>Common Forms</b>	Tablet, liquid	
<b>Common Ways Taken</b>	Swallowed, snorted, injected	
<b>DEA Schedule</b>	Schedule II	
<b>Prescription Opioids (continued)</b>		
<b>Street Name</b>	Amidone, Fizzies with MDMA: Chocolate Chip Cookies	
<b>Commercial Name</b>	Methadone (Dolophine®, Methadose®)	
<b>Common Forms</b>	Tablet, dispersible tablet, liquid	
<b>Common Ways Taken</b>	Swallowed, injected	
<b>DEA Schedule</b>	Schedule II	
<b>Prescription Opioids (continued)</b>		
<b>Street Name</b>	M, Miss Emma, Monkey, White Stuff	
<b>Commercial Name</b>	Morphine (Duramorph®, Roxanol®)	
<b>Common Forms</b>	Tablet, liquid, capsule, suppository	
<b>Common Ways Taken</b>	Injected, swallowed, smoked	
<b>DEA Schedule</b>	Schedule II, III	
<b>Prescription Opioids (continued)</b>		
<b>Street Name</b>	O.C., Oxycet, Oxycotton, Oxy, Hillbilly Heroin, Percs	
<b>Commercial Name</b>	Oxycodone (OxyContin®, Percodan®, Percocet®, and others)	
<b>Common Forms</b>	Capsule, liquid, tablet	

<b>Common Ways Taken</b>	Swallowed, snorted, injected	
<b>DEA Schedule</b>	Schedule II	
<b>Prescription Opioids (continued)</b>		
<b>Street Name</b>	Biscuits, Blue Heaven, Blues, Mrs. O, O Bomb, Octagons, Stop Signs	
<b>Commercial Name</b>	Oxymorphone (Opana®)	
<b>Common Forms</b>	Tablet	
<b>Common Ways Taken</b>	Swallowed, snorted, injected	
<b>DEA Schedule</b>	Schedule II	

<b>Prescription Stimulants</b>		<b>Possible Health Effects:</b> <u>Short-Term:</u> 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 failure; seizures. <u>Long-Term:</u> Heart problems, psychosis, anger, paranoia. <u>Other Health-Related Issues:</u> Risk of HIV, hepatitis, and other infectious diseases from shared needles. Masks the depressant action of alcohol, increasing risk of alcohol overdose; may increase blood pressure and jitters. Withdrawal symptoms include depression, tiredness, and sleep problems.
<b>Street Name</b>	Bennies, Black Beauties, Crosses, Hearts, LA Turnaround, Speed, Truck Drivers, Uppers	
<b>Commercial Name</b>	Amphetamine (Adderall®, Benzedrine®)	
<b>Common Forms</b>	Tablet, capsule	
<b>Common Ways Taken</b>	Swallowed, snorted, smoked, injected	
<b>DEA Schedule</b>	Schedule II	
<b>Street Name</b>	JIF, MPH, R-ball, Skippy, The Smart Drug, Vitamin R	
<b>Commercial Name</b>	Methylphenidate (Concerta®, Ritalin®)	
<b>Common Form</b>	Liquid, tablet, chewable tablet, capsule	
<b>Common Ways Taken</b>	Swallowed, snorted, smoked, injected, chewed	
<b>DEA Schedule</b>	Schedule II	

<b>Psilocybin</b>		<b>Possible Health Effects:</b> <u>Short-Term:</u> Hallucinations, altered perception of time, inability to tell fantasy from reality, panic, muscle relaxation or weakness, problems with movement, enlarged pupils, nausea, vomiting, drowsiness. <u>Long-Term:</u> Risk of flashbacks and memory problems. <u>Other Health-Related Issues:</u> Risk of poisoning if a poisonous mushroom is accidentally used. In combination with alcohol, may decrease the perceived effects of alcohol.
<b>Street Name</b>	Little Smoke, Magic Mushrooms, Purple Passion, Shrooms	
<b>Commercial Name</b>	None	
<b>Common Forms</b>	Fresh or dried mushrooms with long, slender stems topped by caps with dark gills	
<b>Common Ways Taken</b>	Swallowed (eaten, brewed as tea, or added to other foods)	
<b>DEA Schedule</b>	Schedule I	

<b>Rohypnol® (Flunitrazepam)</b>		<b>Possible Health Effects:</b> <u>Short-Term:</u> 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. <u>Long-Term:</u> Unknown. <u>Other Health-Related Issues:</u> Unknown. In combination with alcohol, severe sedation, unconsciousness and slowed heart rate and breathing, which can lead to death. Withdrawal symptoms include headache, muscle pain, extreme anxiety, tension, restlessness, confusion, irritability, numbness, tingling of hands or feet, hallucinations, delirium, convulsions, seizures or shock.
<b>Street Name</b>	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	
<b>Commercial Name</b>	Flunitrazepam, Rohypnol®	
<b>Common Forms</b>	Tablet	
<b>Common Ways Taken</b>	Swallowed (as a pill or as dissolved in a drink), snorted	
<b>DEA Schedule</b>	Schedule IV; Rohypnol® is not approved for medical use in the United States; it is available as a prescription sleep aid in other countries	

<b>Salvia</b>		<b>Possible Health Effects:</b> <u>Short-Term:</u> Short-lived but intense hallucinations; altered visual perception, mood, body sensations; mood swings, feelings of detachment from one's body; sweating. <u>Long-Term:</u> Unknown. <u>Other Health-Related Issues:</u> Unknown.
<b>Street Name</b>	Magic mint, Maria Pastora, Sally-D, Shepherdess's Herb, Diviner's Sage	
<b>Commercial Name</b>	Sold legally in most states as Salvia divinorum	
<b>Common Forms</b>	Fresh or dried leaves	
<b>Common Ways Taken</b>	Smoked, chewed, or brewed as tea	
<b>DEA Schedule</b>	Not Scheduled (but labeled drug of concern by DEA and illegal in some states)	

<b>Steroids (Anabolic)</b>		<b>Possible Health Effects:</b> <u>Short-Term:</u> Headache, acne, fluid retention (especially in the hands and feet), oily skin, yellowing of the skin and whites of the eyes, infection at the injection site.
<b>Street Name</b>	Juice, Gym Candy, Pumpers, Roids	
<b>Commercial Name</b>	Nandrolone (Oxandrin®), oxandrolone (Anadrol®), oxymetholone (Winstrol®), stanozolol	

	(Durabolin®), testosterone cypionate (Depo-testosterone®)	<p><b>Long-Term:</b> Kidney damage or failure; liver damage; high blood pressure, enlarged heart, or changes in cholesterol leading to increased risk of stroke or heart attack, even in young people; aggression; extreme mood swings; anger ("Roid rage"); paranoid jealousy; extreme irritability; delusions; impaired judgment.</p> <p><b>Other Health-Related Issues:</b> Males: shrunken testicles, lowered sperm count, infertility, baldness, development of breasts, increased risk for prostate cancer. Females: facial hair, male-pattern baldness, menstrual cycle changes, enlargement of the clitoris, deepened voice. Adolescents: stunted growth. Risk of HIV, hepatitis, and other infectious diseases from shared needles. Increased risk of violent behavior.</p>
<b>Common Forms</b>	Tablet, capsule, liquid drops, gel, cream, patch, injectable solution	
<b>Common Ways Taken</b>	Injected, swallowed, applied to skin	
<b>DEA Schedule</b>	Schedule III	

<b>Synthetic Cannabinoids ("K2" / "Spice")</b>		<b>Possible Health Effects:</b>
<b>Street Name</b>	K2, Spice, Black Mamba, Bliss, Bombay Blue, Fake Weed, Fire, Genie, Moon Rocks, Skunk, Smacked, Yucatan, Zohai	<p><b>Short-Term:</b> Increased heart rate; vomiting; agitation; confusion; hallucinations, anxiety, paranoia; increased blood pressure and reduced blood supply to the heart; heart attack.</p> <p><b>Long-Term:</b> Unknown.</p> <p><b>Other Health-Related Issues:</b> Use of synthetic cannabinoids has led to an increase in emergency room visits in certain areas.</p>
<b>Commercial Name</b>	None	
<b>Common Forms</b>	Dried, shredded plant material that looks like potpourri and is sometimes sold as "incense"	
<b>Common Ways Taken</b>	Smoked, swallowed (brewed as tea)	
<b>DEA Schedule</b>	Schedule I	

<b>Bath Salts (Synthetic Cathinones)</b>		<b>Possible Health Effects:</b>
<b>Street Name</b>	Bloom, Cloud Nine, Cosmic Blast, Ivory Wave, Lunar Wave, Scarface, Vanilla Sky, White Lightning	<p><b>Short-Term:</b> Increased heart rate and blood pressure; euphoria; increased sociability and sex drive; paranoia, agitation, and hallucinations; psychotic and violent behavior; nosebleeds; sweating; nausea, vomiting; insomnia; irritability; dizziness; depression; suicidal thoughts; panic attacks; reduced motor control; cloudy thinking.</p> <p><b>Long-Term:</b> Breakdown of skeletal muscle tissue; kidney failure; death.</p> <p><b>Other Health-Related Issues:</b> Risk of HIV, hepatitis, and other infectious diseases from shared needles.</p>
<b>Commercial Name</b>	None	
<b>Common Forms</b>	White or brown crystalline powder sold in small plastic or foil packages labeled "not for human consumption" and sometimes sold as jewelry cleaner; tablet, capsule, liquid	
<b>Common Ways Taken</b>	Swallowed, snorted, or injected	
<b>DEA Schedule</b>	Schedule I Some formulations have been banned by the DEA	

<b>Tobacco</b>		<b>Possible Health Effects:</b>
<b>Street Name</b>	None	<p><b>Short-term:</b> Increased blood pressure, breathing, and heart rate.</p> <p><b>Long-Term:</b> Greatly increased risk of cancer, especially lung cancer when smoked and oral cancers when chewed; chronic bronchitis; emphysema; heart disease; leukemia; cataracts; pneumonia.</p> <p><b>Other Health-Related Issues:</b> Pregnancy: miscarriage, low birth weight, premature delivery and stillbirth, and learning and behavior problems.</p>
<b>Commercial Name</b>	Multiple brand names	
<b>Common Forms</b>	Cigarettes, cigars, bidis, hookahs, smokeless tobacco (snuff, spit tobacco, chew)	
<b>Common Ways Taken</b>	Smoked, snorted, chewed, vaporized	
<b>DEA Schedule</b>	Not Scheduled	

Last Reviewed: July 15, 2019