

Substance Abuse
Prevention Program of
FRIENDS UNIVERSITY

The following Substance Abuse Prevention Program is effective August 31, 1990, and is adopted pursuant to the requirements of the Drug-Free Workplace Act of 1988 and the Drug-Free Schools and Communities Act Amendments of 1989. A copy of this Substance Abuse Prevention program will be available via the web. Every student and employee will be sent an annual notice through Friends e-mail.

1. Friends University prohibits the unlawful possession, use, manufacture, or distribution of alcohol or controlled substances by students and employees in buildings, facilities, grounds, or property controlled by the University, or as part of University activities. The University is committed to a program to prohibit the abuse of alcohol and the illegal use of controlled substances and/or alcohol by students and employees. Any student or employee of the University found to be abusing alcohol or using, possessing, manufacturing, or distributing controlled substances or alcohol in violation of the law on University property, or at University events shall be subject to disciplinary action in accordance with Friends University, including, but not necessarily limited to, expulsion, termination of employment, referral for prosecution, and/or the appropriate substance abuse assistance or rehabilitation program.
2. As a condition of employment, all employees of Friends University, including student employees, shall abide by the terms of this policy statement and will notify Friends University of any criminal drug statute conviction for violation occurring in buildings, facilities, grounds, or property controlled by the University, no later than five days after such convictions. Friends University will, in turn, notify as appropriate, the applicable federal agency of the conviction within 10 days of its receipt of notification of the conviction. For purposes of this policy, "conviction" means a finding of guilt (including a plea of nolo contendere) or imposition of sentence, or both, by a judicial body charged with the responsibility to determine violations of the federal or state criminal drug statutes.
3. The term "controlled substances" as used in this policy means those substances included in Schedules I through V of Section 202 of the Controlled Substances Act and as further defined by regulation at 21 CFR 1300.11 through 1300.15. A listing of controlled substances is available at:

<http://www.deadiversion.usdoj.gov/schedules/alpha/alphabetical.htm>. The term does not include the use of a controlled substance pursuant to a valid prescription or other uses authorized by law.

4. Students and employees are reminded that local, state, and federal laws provide for a variety of legal sanctions and penalties for the unlawful possession or distribution of illicit drugs and alcohol. These sanctions include, but are not limited to, incarceration and monetary fines.

The Federal Controlled Substances Act provides penalties ranging from up to 15 years imprisonment and fines of up to \$25,000 for unlawful distribution or possession with intent to distribute narcotics. For unlawful possession of a controlled substance, a person is subject to up to one year of imprisonment and fines up to \$5,000. Any person who unlawfully distributes a controlled substance to a person under 21 years of age may be punished by up to twice the term of imprisonment and fine otherwise authorized by law.

Kansas law provides that any person who violates the criminal statutes on controlled substances by possessing, offering for sale, distributing, or manufacturing opiates and narcotics, such as cocaine and heroin, shall be guilty of a Class C felony. For a conviction of a Class C felony, the court may sentence a person to a term of imprisonment for a minimum of three to five years, a maximum of 10 to 20 years, and a fine of up to \$15,000. Unlawful possession of a depressant, stimulant, or hallucinogenic drug is punishable as a Class A misdemeanor, with a penalty of up to a year in jail and a fine of \$2,500. Depressants include barbiturates, Valium, and barbitol. Hallucinogens include LSD, marijuana, and psilocybin. State law classifies amphetamines and methamphetamines as stimulants.

Article 7 of the Kansas Liquor Control Act provides for punishment ranging from up to six months imprisonment and fines up to \$1,000 for violation of the statutes relating to the possession and distribution of alcohol.

The local ordinances of Wichita also provide for prohibitions relating to illicit drugs and alcohol. Generally, these local ordinances are similar in content to state law.

5. Students and employees of Friends University should be aware and informed that health risks have been associated with the use of illicit drugs and the abuse of alcohol. A list of some health risks follows. Students and employees should note that

the list is not intended as all inclusive. Further information may be gathered from the Campus Health and Wellness Office. Students and employees are reminded that illegal use of controlled substances or alcohol also may subject individuals to criminal prosecution.

6. Students and employees of Friends University should be aware and informed of the following drug or alcohol counseling, treatment, or re-entry programs that are available to students or employees on a national, statewide, local, and campus basis. These programs are listed at the end of this article. Friends University will also present educational programs on substance abuse on a periodic basis to inform employees and students of the dangers of substance abuse.
7. Students and employees of Friends University should be aware and informed that it is the policy of Friends University that any student or employee who violates the standards or conduct set forth in paragraphs 1 and 2 above shall be subject to disciplinary action in accordance with the applicable policies of the State of Kansas and Friends University including, but not necessarily limited to, expulsion, termination of employment, referral for prosecution, and/or the completion of an appropriate rehabilitation program.

ALCOHOL AND THE BODY

Bladder, Kidneys

Alcohol inflames the lining of the bladder. In the kidneys, alcohol causes an increased loss of fluids.

Bloodstream

Most alcohol (95 percent) is absorbed through the lining of the stomach and duodenum causing irritation to the linings of these organs, slows circulation which deprives tissue of oxygen, slows the ability of white blood cells to destroy bacteria, and slows the clotting ability of blood platelets.

Brain, Central Nervous System

Alcohol may produce lack of coordination, confusion, disorientation, stupor, anesthesia, coma, and finally death. Even in small amounts, alcohol is especially dangerous when combined with **barbiturates, tranquilizers, muscle relaxants, sleeping pills, or narcotics**. Alcohol should not be consumed when taking antihistamines, motion sickness pills, and many other over-the-counter and prescription medications.

Mouth, Larynx, Esophagus

Alcohol irritates the lining of the throat and esophagus. Heavy use of alcohol is associated with cancer of the larynx (voice box).

Pancreas, Liver, Heart

Alcohol irritates the cells of the pancreas and can lead to hemorrhagic pancreatitis. Pancreatitis can destroy the pancreas and create a lack of insulin. Alcohol inflames and destroys the cells of the liver and causes inflammation of the heart muscle.

Reproduction

Alcohol consumption is the third leading cause of mental retardation in newborns. Medical experts now recommend that **NO** alcohol be consumed during pregnancy.

Sex Glands

Swelling of the prostate gland interferes with the ability of the male to perform sexually. It also interferes with the ability of the male and female to climax during intercourse.

Stomach, Intestines

Alcohol irritates the lining of the stomach and can result in gastric or duodenal ulcers. In the small intestine, alcohol blocks absorption of vitamins and minerals essential for good nutrition.

TOBACCO AND THE BODY**Brain**

A combination of high blood pressure and smoking is associated with stroke, the third leading cause of death in the United States. Nicotine from any source constricts blood vessels and restricts oxygen supply.

Bronchioles, Lungs

Smoking causes the lungs and bronchioles to be inflamed and congested. Chronic bronchitis predisposes smokers to emphysema, an incurable lung disease. Emphysema is characterized by the stretching and breaking of the tiny air sacs of the lungs, making them useless for breathing. Cigarette smokers are 10 times more likely to die of lung cancer than nonsmokers.

Heart

Nicotine is a powerful constrictor of small arteries. Insufficient oxygen supply to the heart is a cause of heart attacks.

Mouth, Larynx, Esophagus

Smokers have three times as many cavities as nonsmokers. Tobacco, both smoked and smokeless, is the leading cause of cancers of the cheeks, gums, palate, tongue, and lips. Smokers lose

their teeth at a rate three times greater than nonsmokers. A one pack-a-day smoker increases his/her chances of cancer of the esophagus by as much as 500 percent.

Pancreas, Bladder, Kidneys

Smokers have a 100 percent increased risk of developing cancer of the pancreas, three times the risk of bladder cancer, and a 50 percent greater rate of kidney cancer. Carcinogens absorbed from cigarette smoke and smokeless tobacco are concentrated and excreted in the urine. The bladder and the kidneys are in constant contact with these cancer-causing chemicals.

Reproduction

Smoking more than one-half a pack daily is associated with higher incidence of infertility in women. Babies born to women who smoke are lighter and smaller than those born to nonsmokers. This is important because birth weight is a predictor of infant health. Women who take birth control pills and who smoke are at greater risk for cancer.

Stomach

Peptic ulcers are twice as high in smokers as nonsmokers. Nicotine from any source causes secretion of excessive amounts of gastric acids, and delays healing of ulcers.

MARIJUANA/OTHER ILLEGAL DRUGS AND THE BODY

Bladder, Kidneys

Concentration of tars, carcinogens, and chemicals from marijuana in the kidneys and bladder is associated with cancers in these organs. Cocaine use causes inflammation and breakdown of small and medium arteries in the kidneys and gastrointestinal tracts.

Brain, Central Nervous System (CNS)

Marijuana use causes the synaptic cleft to enlarge which may result in poor transmission of nerve impulses. The result is impairment of speech, comprehension, memory, and sleep. Cocaine stimulates the CNS causing restlessness, tremors, and convulsions. Cocaine alters normal electrical activity of the brain which can result in seizures or convulsions similar to epilepsy.

Bronchioles, Lungs

Marijuana is a respiratory irritant that causes sore throats and chronic coughs. Use of crack/cocaine may cause the respiratory system to fail.

Eyes, Skin

Marijuana smokers may have inflamed watery eyes, and wrinkled skin due to irritants present in smoke. Cocaine users have increased sensitivity to light, see fuzzily, see "floaters," have double image or image distortion.

Heart

Smoking one marijuana joint may cause increases in heart rate and blood pressure by as much as 50 percent. Cocaine increases heart rate and blood pressure. Temperature rises and arteries constrict. Restricted blood flow to the heart may cause a heart attack.

Mouth, Larynx, Esophagus

Marijuana contains 50 percent more tar than tobacco and 400 other identified chemicals. Using three to five marijuana joints a week equals smoking 16 cigarettes daily. Smoking is associated with gum disease; loss of teeth; and cancer of the cheeks, gums, palate, tongue, lips, larynx, and esophagus.

Reproduction

The gonads are high fat organs which absorb and hold more THC (the active ingredient in marijuana) than most other cells in the body. Males experience lowered testosterone levels, essential for development of secondary male characteristics. Users may experience impotency and infertility. Females may experience infertility, pregnancy complications, and changes in sexual characteristics. Cocaine users have babies addicted at birth.

**Quick Reference Guide for
Substance Abuse Programs**

NATIONAL HOTLINE NUMBERS

24 hour Cocaine hotline (316) 992-9239
(316) 662-HELP
(316) 342-AIDS

National Council on Alcoholism	(316) 622-2255
Drug Abuse Hotline	(316) 274-2042
National Clearing House	(316) SAYNOTO
For Alcohol and Drug Abuse	

STATE OF KANSAS

Alcohol & Drug Abuse Section	(913) 296-3925
Social and Rehabilitation Services	(316) 337-7000
Life Line	(316) 284-7575

**Wichita, KS
CAMPUS RESOURCES**

Health & Wellness Office	(316) 295-5561
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2100 W. University Ave
Wichita, KS 67213
(Casado Campus Center, Lower Level)

Human Resources (316) 295-5864
2100 W. University Ave
Wichita, KS 67213
(Sumpter Hall Room S216)

Center on Family Living (316) 295-5638
2100 W. University Ave
Wichita, KS 67213
(Center on Family Living Building)

Student Affairs (316) 295-5832
2100 W. University Ave (316) 295-5779
Wichita, KS 67213
(Lower Level of Casado Campus Center)

Campus Ministries (316) 295-5220
2100 W. University Ave
Wichita, KS 67213
(2nd floor of Davis)

COMMUNITY RESOURCES

Alcoholics Anonymous (316) 684-3661
2812 English
Wichita, KS 67211

Al-Anon/Alateen (316) 266-8499
1150 N. Broadway Ste 1000
Wichita, KS 67214

Behavioral Health Center (316) 660-7411
714 S. Hillside
Wichita, KS 67211

COMCARE
Addiction Treatment Services (316) 660-7550
940 North Waco
Wichita, KS 67203

Higher Ground, A Tiyospaye, Inc. Program (316) 262-2060
247 N. Market
Wichita, KS 67202

Knox Center, Inc. (316) 265-8511

2924 E. Douglas Avenue
Wichita, KS 67214

Miracles, Inc
1250 N. Market St.
Wichita, KS 67214

(316) 303-9520

Options – Adult Services
122 N. Milwood
Wichita, KS 67203

(316) 265-6011

Options Youth Services
1642 W. Douglas
Wichita, KS 67203

(316) 265-8561

Parallax Program, Inc.
3410 E. Funston
Wichita, KS 67218

(316) 689-6813

Pathways, Mental Health Association
555 N. Woodlawn #3105
Wichita, KS 67208

(316) 685-1821, Ext. 248

Prairie View, Inc.
9333 East 21st St. N
Wichita, KS 67206

(316) 634-4700

Regional Prevention Center
1421 E. Second
Wichita, KS 67214

(316) 262-2421

Substance Abuse Assessment Center of Kansas
731 N. Walter, Suite 2
Wichita, KS 67203

(316) 267-3825

Women's Recovery Center
1319 W. May
Wichita, KS 67213

(316) 262-0505

**Kansas City – Lenexa
CAMPUS RESOURCES**

8207 Melrose Dr.
2nd Floor
Lenexa, KS 66214

(913) 233-8700

**Kansas City, KS
COMMUNITY RESOURCES**

Alcoholics Anonymous (816) 471-7229
200 E. 18 Ave. N
Kansas City, Kansas 66416

Salvation Army Treatment Center (913) 232-5400
6723 State Ave
Kansas City, Kansas 66102

Substance Abuse Center of Eastern KS Inc (913) 362-0045
3505 Rainbow Boulevard
Kansas City, Kansas 66103

Johnson County Mental Health (913)826-4100
11120 W. 66th St
Shawnee, Kansas 66203

**Lenexa, Kansas
COMMUNITY RESOURCES**

Advance Recovery Services, Inc (913) 236-5900
12760 West 87th Street
Suite 109
Lenexa, KS 66215

Affordable Treatment Program (913) 438-7818
9421 Pflumm Road
Lenexa, KS 66215

Clinical Associates, PA (913) 677-3553
8629 Bluejacket Street
Suite 100
Lenexa, KS 66214

E Eileen Nevers (LCPC Lcmft Cadc Casac) (913) 438-3880
8889 Bourgade Street
Lenexa, KS 66219

**Topeka, KS
CAMPUS RESOURCES**

Friends University (785) 272-9595
2820 S. W. Missionwoods Dr.
Topeka, KS 66614

Topeka, KS

COMMUNITY RESOURCES

Prevention & Recovery Services (785) 266-8666
2209 SW 29th St.
Topeka, KS 66611

Sims-Kemper (785) 233-0666
Clinical Counseling and Recovery
1701 Medford Ave
Topeka, KS 66604