



ALCOHOL & OTHER DRUGS PREVENTION

MANDL SCHOOL, THE COLLEGE OF ALLIED HEALTH
254 West 54th Street, New York, NY 10019

DRUG-FREE SCHOOLS AND COMMUNITIES ACT AMENDMENTS OF 1989

ANNUAL NOTIFICATION

Mandl adheres to and complies with the Drug-Free Schools and Communities Act (DFSCA) Amendments of 1989, as articulated in the Education Department General Administrative Regulations (EDGAR) Part 86, which require an Institution of Higher Education (IHE) to certify with the United States Department of Education that it has adopted and implemented programs to prevent the illicit use of drugs and the abuse of alcohol by students and its employees. The Drug-Free Schools Act, which has been adopted by Mandl, will be published and disseminated to students and employees, in writing annually, and will be enforced under this section.

This notification serves as a reminder of the institutional standards of conduct and sanctions relating to drugs and alcohol, provides a description of sanctions for violating federal, state, and local drug and alcohol laws, highlights the health risks associated with drug and alcohol abuse, and summarizes the availability of resources and support for those members of the Mandl community experiencing drug or alcohol problems.

OVERVIEW

Mandl's primary focus and priority is to ensure the safety and wellbeing of our students and employees. An important component of this commitment is the prevention of substance abuse by members of the Mandl community. Substance abuse obstructs learning, teaching, and personal development. Additionally, there are serious criminal and disciplinary implications for students and employees who possess, use, manufacture, distribute or sell controlled or illicit substances on any of Mandl's properties, at Mandl-sponsored events, or while representing the College. This notification recognizes Mandl's responsibility to implement and to enforce alcohol and drug regulations that are consistent with New York State laws.

DRUG / ALCOHOL USE AMNESTY POLICY

Mandl's Drug/Alcohol Use Amnesty Policy is intended to encourage students to seek medical assistance related to drug and/or alcohol use without fear of being disciplined for such use. Drugs/Alcohol can result in addiction and may be life-threatening. It is Mandl's intent to reduce barriers to getting medical and/or other forms of help in order to diminish dependency.

- Mandl wishes to encourage any student under the influence of drugs and/or alcohol who may be the victim of, witness to, or otherwise becomes aware of violence whether it is domestic violence, dating violence, stalking, sexual assault, sexual harassment, gender-based harassment, to report that violence or harassment to Mandl's administration or to the proper law enforcement authorities.
- Likewise, if the student is the victim of, witness to, or otherwise becomes aware of violence, sexual harassment, or gender-based harassment, and who reports such violence or harassment will not be disciplined for the consumption of alcohol, drugs, or other controlled substances.

- If in good faith, a student who seeks medical assistance for him, her, or others and/or who receives medical assistance as a result of seeking help will not be disciplined for the consumption of alcohol, drugs, or other controlled substances.
- In the interest of the student, Mandl, however, will support the student in seeking help in the form of alcohol and/or drug treatment/therapy.
- This policy is intended both to implement Article 129-B of the Education Law (which mandates drug and alcohol amnesty for reporters of violence) and to complement New York State's Good Samaritan Law, which is designed to encourage individuals to call 911 in the event of an alcohol or drug-related emergency. Generally, the Good Samaritan Law protects persons who witness or suffer from a medical emergency involving drugs or alcohol from being arrested or prosecuted for drug or underage alcohol possession after they call 911. It does not protect against arrest or prosecution for other offenses, such as the sale of drugs.
- Mandl's Amnesty Policy is intended to encourage a student under the influence, or who is a victim of or is witness to any activity considered to be against Mandl's policies, to seek help without the added pressure of disciplinary actions being taken. However, the policy will not tolerate sexual misconduct as defined by Mandl's Policy on Sexual Misconduct.

This policy does not protect those who cause or threaten physical harm to others or cause damage to property not belonging to them. This policy does not protect against arrest or prosecution for other offenses, such as the sale of drugs.

MEDICAL AMNESTY AND GOOD SAMARITAN POLICY

Student health and safety are primary concerns of Mandl. Because Mandl has a strict policy against alcohol and drug use on its campuses, students may be reluctant to seek medical help because of the disciplinary repercussions for themselves or the person in need of assistance. To encourage students to seek medical attention for a fellow student suffering an alcohol or other drug overdose on campus when the emergency is potentially life threatening, Mandl will treat that report under its Medical Amnesty and Good Samaritan Policy.

Students are expected to contact the Dean's office staff, the Vice President of Academics, any administrator located on the 9th floor, a member of the Academic Advising staff, or any senior college administrator on duty, when they believe that medical assistance is urgently needed for an individual suffering an alcohol or other drug overdose. The administrator on duty will contact ambulance emergency crews to assist the student. If there is more than one student involved in alcohol and drug use on campus, and one of them attempts to help the other(s) by making a 911 phone call or notifying the school administration, this student will not be subject to Mandl's disciplinary actions under the alcohol and drug policies if he or she completed the recommended alcohol/drug education activities, assessment, and/or treatment depending on the level of concern for student health and safety in a specified time frame.

Serious or repeated incidents will prompt a higher degree of medical concern. Failure to complete recommended follow-up normally will result in disciplinary action up to and including dismissal without recourse.

POLICY FOR ALCOHOL AND/OR DRUG USE AMNESTY IN SEXUAL VIOLENCE CASES

The health and safety of every student at Mandl is of utmost importance. Mandl recognizes that students who have been drinking and/or using drugs (whether such use is voluntary or involuntary) at the time a sexual violence incident occurs may be hesitant to report such incidents due to fear of potential consequences for their own conduct. Mandl strongly encourages students to report incidents of sexual violence to campus officials. A bystander reporting in good faith or a victim/survivor reporting sexual violence to Mandl officials or law enforcement will not be subject to campus conduct action for violations of alcohol and/or drug use policies occurring at or near the time of the sexual violence.

MANDL'S DRUG AND ALCOHOL POLICY

The standards of conduct under this policy apply to all students who are registered at Mandl for at least one course for any type of credit. Students who are employed by Mandl either on a part-time or full-time job basis must adhere to both student and employee policies. Furthermore, potential students seeking admission to Mandl's programs must comply with this policy during the enrollment process.

Mandl strongly supports comprehensive substance abuse prevention initiatives, including education, early intervention, and treatment programs as the most effective means to help reduce and to deter alcohol and drug abuse. Mandl expressly prohibits the unlawful possession, use, or distribution of drugs and alcohol by students, faculty, or staff members while on Mandl property, while participating in Mandl-sponsored activities, or while representing Mandl at events outside of the College. All members of the Mandl community are responsible for complying with federal, state, and local laws on the possession, use, and sale of alcohol and illicit drugs. Any member of the Mandl community (including staff, faculty, and students) found to be in violation of this policy will be subject to strict disciplinary actions, up to and including dismissal from the College or termination of employment, as applicable.

Employees and individuals engaged in directly performing work for Mandl may not report to work under the influence of drugs or alcohol. All employees or individuals performing work for Mandl are expected to exercise discretion in consuming alcohol while attending Mandl-sponsored events at which alcohol is being served.

ALCOHOL TESTS FOR EMPLOYEES

When requesting or requiring an alcohol test, Mandl will consider an employee with a blood alcohol level of 0.06 or greater to be "impaired."

Behaviors Explicitly Prohibited by this policy include but are not limited to:

- Appearing at work under the influence of alcohol or illegal drugs;
- Conducting Mandl business while under the influence of alcohol or illegal drugs (whether or not the employee is actually on work premises at the time);
- Consuming alcohol or using illegal drugs on campus;
- Consuming alcohol or illegal drugs while conducting Mandl business (whether or not the employee is actually on work premises at the time);
- Possessing, buying, selling, or distributing alcohol or illegal drugs on campus;

- Possessing, buying, selling, or distributing alcohol or illegal drugs while conducting Mandl business (whether or not the employee is actually on work premises at the time).

This policy also covers times when employees are on call but not working.

Employees who violate this policy will face disciplinary action, up to and including termination of employment.

We do not prohibit employees from consuming alcohol at social or business functions that we sponsor where alcohol is served. Even at these functions, however, employees may not consume alcohol to the point of intoxication or to the point where they endanger their own safety or the safety of others.

Employees must conduct themselves professionally and appropriately while conducting business on Mandl's behalf or while representing Mandl at a third-party function.

Students who arrive on campus intoxicated will not be permitted to remain in school and will face disciplinary sanctions commensurate with the level of transgression. Students who are found to be consuming alcohol on campus, or engaging in illegal drug use, will face immediate suspension and sanctions described in the section below.

Depending on the severity of the infraction under this policy, student sanctions may include but are not limited to: written warning to be retained in the student's file, parental notification (if applicable), educational sanctions (workshop attendance, research/reflection papers), disciplinary probation, referral for appropriate rehabilitation, substance abuse assessment*, loss of privileges, suspension, dismissal, and prosecution to the fullest extent of the law.

* Students whose alcohol or drug use results in harm or the threat of harm to themselves, others in the College community, or to Mandl's property, regardless of the location of the incident, may face disciplinary action by the College up to and including expulsion and/or arrest.

If deemed necessary by the President, the Vice-President of Academics, or the Student Disciplinary Committee, a student accused of violating Mandl's drug-related policies may be required to submit to testing for the presence of illegal substances. In these cases, students will be required to get drug-tested by a medical professional at the student's expense as often as deemed necessary by the College.

The student will be required to submit results of the tests to the appropriate administrator. Any student whose test results indicate continued drug use may face additional disciplinary action by the College up to and including expulsion.

CONTROLLED SUBSTANCES

Federal law has numerous penalties for the illegal possession of controlled substances, possession of crack cocaine, and trafficking in methamphetamine, heroin, cocaine, cocaine base, PCP, LSD, fentanyl, and fentanyl analogue.

What Does the Law Say?

The main text of 21 U.S.C. § 844(a) states:

It shall be unlawful for any person knowingly or intentionally to possess a controlled substance unless such substance was obtained directly, or pursuant to a valid prescription or order, from a practitioner, while acting in the course of his professional practice, or except as otherwise authorized by this subchapter or subchapter II of this chapter.

In plain English, this means it's illegal to possess drugs like cocaine, heroin, meth, and others listed in the Controlled Substances Act unless you have a prescription for it from a doctor or dentist acting properly as a medical professional.

There are some exceptions, like drugs used in research or given out by authorized medical practitioners. But in general, you can't just walk around with illegal drugs in your pocket, even small amounts for personal use. That's what this law is all about.¹

Possession sentences range from up to one-year imprisonment and \$1,000 fine to 15 years imprisonment and fines up to \$5,000. Forfeiture of personal and real property used to possess or to facilitate possession of a controlled substance can be a sanction for convictions. Sanctions also can include denial of federal benefits, such as student loans, grants², contracts, public housing tenancy, eligibility to receive or purchase firearms, and professional and commercial licenses. Federal trafficking sanctions can range from one-year imprisonment and \$100 fine to life in prison and a fine of \$20 million. All students wishing to discuss financial aid eligibility due to a drug conviction are encouraged to set up a private meeting with personnel in the Financial Aid office as soon as feasible.

What Drugs Are Covered?

Section 844 covers all controlled substances listed in Schedules I-V of the Controlled Substances Act. This includes many common illegal street drugs like:

Cocaine

Heroin

Methamphetamine

MDMA (Ecstasy)

LSD

¹ <https://www.federallawyers.com/criminal-defense/21-u-s-c-§-844-simple-possession-of-controlled-substance/>

² 21 U.S.C. 862 - Denial of Federal benefits to drug traffickers and possessors <https://www.govinfo.gov/content/pkg/USCODE-2022-title21/pdf/USCODE-2022-title21-chap13-subchapI-partD-sec862.pdf>

Marijuana
Oxycodone
Hydrocodone
And more...

Even drugs like medicinal marijuana or prescription painkillers are covered if you don't have a valid reason for possessing them.

The law:

21 U.S.C. 844 (a)

Federal Penalties and Sanctions for Illegal Possession of a Controlled Substance

1st conviction: Up to 1 year imprisonment and fined at least \$1,000 but not more than \$100,000, or both.

After 1 prior drug conviction: At least 15 days in prison, not to exceed 2 years and fined at least \$2,500 but not more than \$250,000, or both.

After 2 or more prior drug convictions: At least 90 days in prison, not to exceed 3 years and fined at least \$5,000 but not more than \$250,000 or both.

Special sentencing provision for possession of crack cocaine: Mandatory at least 5 years in prison, not to exceed 20 years and fined up to \$250,000 or both if:

1. (a) 1st conviction and the amount of crack possessed exceed 5 grams.
2. (b) 2nd crack conviction and the amount of crack possessed exceed 3 grams.
3. (c) 3rd or subsequent crack conviction and the amount of crack possessed exceeds 1 gram.

21 U.S.C. 853(a)(2) and 881(a)(7)

Forfeiture of 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. (See special sentencing provisions re: crack).

21 U.S.C. 881 (a) (4)

Forfeiture of vehicles, boats, aircraft or any other conveyance used to transport or conceal a controlled substance.

21 U.S.C. 844 a

Civil fine of up to \$10,000 (pending adoption of final regulations).

21 U.S.C. 853a

Denial of Federal benefits, such as student loans, grants, contracts, and professional and commercial licenses, up to 1 year for first offense, up to 5 years for second and subsequent offenses.

18 U.S.C. 922(g)

Ineligible to receive or purchase a firearm.

Miscellaneous

Revocation of certain Federal licenses and benefits, e.g., pilot licenses, public housing tenancy, etc., are vested within the authorities of individual Federal agencies.

DRUG SCHEDULES

Drugs, substances, and certain chemicals used to make drugs are classified into five (5) distinct categories or schedules depending upon the drug's acceptable medical use and the drug's abuse or dependency potential. These lists are intended as general references and are not comprehensive listings of all controlled substances.

Schedule I

Schedule I drugs, substances, or chemicals are defined as drugs with no currently accepted medical use and a high potential for abuse. Some examples of Schedule I drugs are:

- heroin
- lysergic acid diethylamide (LSD)
- marijuana (cannabis)
- 3,4-methylenedioxymethamphetamine (ecstasy),
- methaqualone
- peyote

Schedule II

Schedule II drugs, substances, or chemicals are defined as drugs with a high potential for abuse, with use potentially leading to severe psychological or physical dependence. These drugs are also considered dangerous. Some examples of Schedule II drugs are:

- Combination products with less than 15 milligrams of hydrocodone per dosage unit (Vicodin)
- cocaine
- methamphetamine
- methadone
- hydromorphone (Dilaudid)
- meperidine (Demerol)
- oxycodone (OxyContin)
- fentanyl
- Dexedrine
- Adderall
- Ritalin

Schedule III

Schedule III drugs, substances, or chemicals are defined as drugs with a moderate to low potential for physical and psychological dependence. Schedule III drugs abuse potential is less than Schedule I and Schedule II drugs but more than Schedule IV. Some examples of Schedule III drugs are:

- Products containing less than 90 milligrams of codeine per dosage unit (Tylenol with codeine)
- ketamine
- anabolic steroids
- testosterone

Schedule IV

Schedule IV drugs, substances, or chemicals are defined as drugs with a low potential for abuse and low risk of dependence. Some examples of Schedule IV drugs are:

- Xanax
- Soma
- Darvon
- Darvocet
- Valium
- Ativan
- Talwin
- Ambien
- Tramadol

Schedule V

Schedule V drugs, substances, or chemicals are defined as drugs with lower potential for abuse than Schedule IV and consist of preparations containing limited quantities of certain narcotics. Schedule V drugs are generally used for antidiarrheal, antitussive, and analgesic purposes. Some examples of Schedule V drugs are:

- cough preparations with less than 200 milligrams of codeine or per 100 milliliters (Robitussin AC)
- Lomotil
- Motofen
- Lyrica
- Parepectolin

Federal Trafficking Penalties for Schedules I, II, III, IV, and V (except Marijuana)						
Schedule	Substance/Quantity	Penalty	Substance/Quantity	Penalty		
II	Cocaine 500-4999 grams mixture	First Offense: Not less than 5 yrs. and not more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$5 million if an individual, \$25 million if not an individual. Second Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$8 million if an individual, \$50 million if not an individual.	Cocaine 5 kilograms or more mixture	First Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$10 million if an individual, \$50 million if not an individual. Second Offense: Not less than 20 yrs. and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual. 2 or More Prior Offenses: Life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual.		
II	Cocaine Base 28-279 grams mixture		Cocaine Base 280 grams or more mixture			
IV	Fentanyl 40-399 grams mixture		Fentanyl 400 grams or more mixture			
I	Fentanyl Analogue 10-99 grams mixture		Fentanyl Analogue 100 grams or more mixture			
I	Heroin 100-999 grams mixture		Heroin 1 kilogram or more mixture			
I	LSD 1-9 grams mixture		LSD 10 grams or more mixture			
II	Methamphetamine 5-49 grams pure or 50-499 grams mixture		Methamphetamine 50 grams or more pure or 500 grams or more mixture			
II	PCP 10-99 grams pure or 100-999 grams mixture		PCP 100 grams or more pure or 1 kilogram or more mixture			
Substance/Quantity			Penalty			
Any Amount Of Other Schedule I & II Substances			First Offense: Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than Life. Fine \$1 million if an individual, \$5 million if not an individual.			
Any Drug Product Containing Gamma Hydroxybutyric Acid		Second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if not an individual.				
Flunitrazepam (Schedule IV) 1 Gram						
Any Amount Of Other Schedule III Drugs		First Offense: Not more than 10 yrs. If death or serious bodily injury, not more than 15 yrs. Fine not more than \$500,000 if an individual, \$2.5 million if not an individual. Second Offense: Not more than 20 yrs. If death or serious injury, not more than 30 yrs. Fine not more than \$1 million if an individual, \$5 million if not an individual.				
Any Amount Of All Other Schedule IV Drugs (other than one gram or more of Flunitrazepam)		First Offense: Not more than 5 yrs. Fine not more than \$250,000 if an individual, \$1 million if not an individual. Second Offense: Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if other than an individual.				
Any Amount Of All Schedule V Drugs		First Offense: Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual. Second Offense: Not more than 4 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.				

Federal Trafficking Penalties for Marijuana, Hashish and Hashish Oil, Schedule I Substances	
Marijuana 1,000 kilograms or more marijuana mixture or 1,000 or more marijuana plants	First Offense: Not less than 10 yrs. or more than life. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than \$10 million if an individual, \$50 million if other than an individual. Second Offense: Not less than 20 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$20 million if an individual, \$75 million if other than an individual.
Marijuana 100 to 999 kilograms marijuana mixture or 100 to 999 marijuana plants	First Offense: Not less than 5 yrs. or more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine not more than \$5 million if an individual, \$25 million if other than an individual. Second Offense: Not less than 10 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$8 million if an individual, \$50million if other than an individual.
Marijuana 50 to 99 kilograms marijuana mixture, 50 to 99 marijuana plants	First Offense: Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine \$1 million if an individual, \$5 million if other than an individual.
Hashish More than 10 kilograms	Second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if other than an individual.
Hashish Oil More than 1 kilogram	
Marijuana less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight)	First Offense: Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual. Second Offense: Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual.
1 to 49 marijuana plants	
Hashish 10 kilograms or less	
Hashish Oil 1 kilogram or less	

*The minimum sentence for a violation after two or more prior convictions for a felony drug offense have become final is a not less than 25 years imprisonment and a fine up to \$20 million if an individual and \$75 million if other than an individual.

New York Drug Distribution, Trafficking, and Manufacturing Laws

New York is recognized for its stringent drug legislation, categorizing not only familiar drugs such as heroin and cocaine but also the precursors involved in their manufacture. **This reflects the state's proactive stance on curbing substance abuse.**

Regarding drug possession, the laws delineate multiple felony classes, each with specific criteria and implications. Similarly, the legal provisions surrounding the sale of controlled substances are structured into five distinct degrees. For a charge of fifth-degree sale—a less severe category—the law requires that the prosecution establish the defendant knowingly engaged in the unlawful sale of a controlled substance. The legal criteria also necessitate demonstrating the defendant's specific intent to transfer the substance along with the present capability to do so.

Significantly, for all degrees of sale offenses, it is not necessary for the prosecution to prove that the defendant was aware of the exact amount of the controlled substance being sold. **Moreover, actual physical possession or completed delivery of the substance by the defendant is not required for a conviction. Even an offer or agreement to sell can suffice as evidence of intent and capability.**

New York Drug Distribution, Trafficking, and Manufacturing Laws at A Glance

The chart below contains some additional information on New York's drug laws.

Statutes	<ul style="list-style-type: none">• New York Penal Law Section 220 (controlled substances and definitions)• New York Penal Law Sections 220.03 - 220.25 (criminal possession of a controlled substance)• New York Penal Law Sections 220.31 - 220-44 (criminal sale of a controlled substance)• New York Penal Law Section 220.60 (criminal possession of precursors of controlled substances)• New York Penal Law Section 220.77 (operating as a major trafficker)• New York Penal Law Sections 221.00 - 221.55 (marijuana offenses)
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NY CODE - SECTION 220.00: CONTROLLED SUBSTANCES; DEFINITIONS

Section 220 of the New York Penal Law defines those drugs considered “Controlled Substances,” including narcotic drugs, narcotic preparations, hallucinogens (LSD, “hallucinogenic mushrooms,” etc.), stimulants, depressants, and concentrated forms of cannabis. Individual statutes deal with the criminal possession or sale of these substances and are categorized as misdemeanors or felonies depending on the specific substance, the amount of the substance in question, or the circumstances surrounding the possession or sale of the substance. Possession or sale (or possession with intent to sell) of even a very small amount of some substances is considered a felonious offense and may result in a lengthy jail sentence. The exception is “Criminal Possession of a Controlled Substance in the Seventh Degree,” covered under Federal, State, and Local Legal sanctions.

Conviction of possession and sale of controlled substances carries a number and variety of penalties under New York State law. Sanctions range from fines to prison terms of 8 years to 30 years, depending upon the nature of the substance, the criminal act, and the character of the crime. Federal Trafficking Law convictions also carry a variety of penalties which range from 5 years to life in prison and substantial fines.

NEW YORK PENALTIES AND SENTENCES

More details are available in Appendix B

A defendant convicted of a class A-1 felony (possession of eight or more ounces of substances containing a narcotic drug or 5,760 milligrams of methadone) may be sentenced to a term of 8 to 30 years imprisonment or a fine of \$100,000. Convictions of class B to class E felonies range from sentences of a minimum of one year to a maximum of 1.5 to 9 years or fines ranging from \$15,000 to \$30,000 for class B and class C felonies.

PENALTY DETAILS

Marijuana and its synthetic “equivalents” are considered Schedule I hallucinogenic substances under New York Public Health Law. Synthetic equivalents include resinous extracts and derivatives with similar chemical properties.

As of May 10, 2020, covered employers are not permitted to test job candidates for marijuana or tetrahydrocannabinols (THC) as a condition of employment. There are several exceptions, discussed further below, where testing job applicants for marijuana or THC for specific kinds of jobs is still permitted.³

The law prohibits employers from testing job applicants for marijuana or THC, with some exceptions. However, it does not change employers’ ability to drug test current employees.

There are some exceptions to this law. Employers may require tests for job applicants applying for specific types of jobs. **Testing is permissible where:**

1. Required by the U.S. Department of Transportation under 49 C.F.R. Part 40 or related state and local rules (e.g., flight crew and train dispatchers) (as defined in the applicable DOT rules);
2. Required by the federal government as a condition of receiving a contract or grant (such as Title IV);
3. Required by federal or state law “for purposes of safety or security”;
4. A collective bargaining agreement includes terms related to pre-employment drug testing of job applicants.

For more information, please see:

New York Pub. Health §3306(d)(13) New York Pub. Health §3306(d)(21)

<https://www.health.ny.gov/professionals/narcotic/>

OTHER LEGAL SANCTIONS UNDER NEW YORK STATE LAW - SECTION 11-100

Compensation for injury or damage caused by the intoxication of a person under the age of 21 years.

General obligations (GOB) <https://www.nysenate.gov/legislation/laws/GOB/11-100>

1. Any person who shall be injured in person, property, means of support or otherwise, by reason of the intoxication or impairment of ability of any person under the age of 21 years, whether resulting in his or her death or not, shall have a right of action to recover actual damages against any person who knowingly causes such intoxication or impairment of ability by unlawfully furnishing to or unlawfully assisting in procuring alcoholic beverages for such person with knowledge or reasonable cause to believe that such person was under the age of 21 years.

³ New York City Human Rights Law Ban On Pre-Employment Marijuana Testing Takes Effect

<https://natlawreview.com/article/new-york-city-human-rights-law-ban-pre-employment-marijuana-testing-takes-effect>

2. In case of the death of either party, the action or right of action established by the provisions of this section shall survive to or against his or her executor or administrator, and the amount so recovered by either a husband, wife, or child shall be his or her sole and separate property.
3. Such action may be brought in any court of competent jurisdiction.
4. In any case where parents shall be entitled to such damages, either of such parents may bring an action; therefore, but that recovery by either one of such parties shall constitute a bar to suit brought by the other.

Alcohol and Illicit Drug Health Risks

Excessive drinking causes health risks including damage to your organs (liver, heart and digestive tracts), impaired physiological responses (decreased brain activity, digestion and blood circulation), and mental and emotional disorders (loss of memory, impaired judgment and personality changes). Very high doses cause respiratory depression and death. Alcohol consumption has been demonstrated to be a contributing factor in instances of violent crimes, such as rape and murder, and deaths from drunk driving. Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome leading to irreversible mental and physical abnormalities. In addition, research indicates that children of alcoholic parents are at greater risk than other children of becoming alcoholics.

Drug abuse is dangerous and can lead to death. An overdose can cause psychosis, convulsions, coma and death. Continuous use of drugs can lead to organ damage, mental illness and malnutrition. Drugs consumed via injection increase the risk of AIDS, hepatitis and other diseases. Drug abuse can also contribute to aggressive and violent behavior, mental illness, and exacerbate suicidality.

Long-Term Health Risks

Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems including:

- High blood pressure, heart disease, stroke, liver disease, and digestive problems.
- Cancer of the breast, mouth, throat, esophagus, voice box, liver, colon, and rectum.
- Weakening of the immune system, increasing the chances of getting sick.
- Learning and memory problems, including dementia and poor school performance.
- Mental health problems, including depression and anxiety.
- Social problems, including family problems, job-related problems, and unemployment.
- Alcohol use disorders, or alcohol dependence.
- By not drinking too much, you can reduce the risk of these short- and long-term health risks.⁴

⁴ <https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm#:~:text=High%20blood%20pressure%2C%20heart%20disease,liver%20disease%2C%20and%20digestive%20problems.&text=Cancer%20of%20the%20breast%2C%20mouth,liver%2C%20colon%2C%20and%20rectum.&text=Weakening%20of%20the%20immune%20system%2C%20increasing%20the%20chances%20of%20getting%20sick>.



Source: Alcohol Use and Your Health
 CDC – Centers for Disease Control and Prevention

DRUG ABUSE

Drug abuse is defined by the National Institute on Drug Abuse (NIH) as “the use of illegal drugs or the inappropriate use of prescription drugs.

The repeated use of drugs to produce pleasure, alleviate stress, and/or alter or avoid reality. In research and clinical practice, the term “drug abuse” is often used diagnostically to indicate that a patient continues to use a drug despite adverse social, legal, or occupational consequences, but is not subject to drug tolerance or withdrawal.” For more information see: <http://easyread.drugabuse.gov/>

Because Mandl strongly supports comprehensive substance abuse prevention initiatives, including education, all students and employees are expected to view the link below to better understand “Why Are Drugs So Hard to Quit?” <https://nida.nih.gov/videos/why-are-drugs-so-hard-to-quit>
https://www.youtube.com/watch?v=YefKGTu_Xf8

DRUG ADDICTION / DRUG DEPENDENCY

Drug addiction is a multifarious disease. Overcoming a drug addiction takes more than good intentions or a strong will. Addiction is widely considered a brain disease because drug use changes the structure of the brain and how it works. A key characteristic of drug addiction is the compulsive desire to seek and to use the drug despite its harmful consequences.

Although most people experiment with drugs voluntarily, over time a person’s ability to exert self-control becomes seriously compromised. Brain imaging studies from drug-addicted individuals show actual physical changes in areas of the brain that are critical to judgment, decision-making, memory, and behavior control.⁵

⁵ Fowler JS, Volkow ND, Kassid CA, Chang L. Imaging the addicted human brain. *Sci Pract Perspect* 3(2):4-16, 2007.

Drugs introduced into the body through smoking or injections have an increased addictive potential.⁶ This is because both smoked and injected drugs enter the brain within seconds and produce a powerful “high.” Researchers studying addiction to smoked and injectable drugs believe that because the intense “high” from these drugs generally fades within a few minutes and produces an intense and harshly felt contrast, individuals are driven to repeated drug abuse in order to recapture the euphoric feeling of pleasure.

Under the Controlled Substances Act, the FDA defines “addict” as any individual who habitually uses any narcotic drug so as to endanger the public morals, health, safety, or welfare, or who is so far addicted to the use of narcotic drugs as to have lost the power of self-control with reference to his or her addiction.

Costs of substance abuse in the United States (including productivity and health and crime related costs) exceed \$800 billion annually. Approximately \$193 billion is spent nationally because of illicit drug use,⁷ \$300 billion for tobacco,⁸ and \$249 billion for alcohol.⁹

⁶ Verebey K, Gold MS. From coca leaves to crack: the effects of dose and routes of administration in abuse liability. *Psychiatr Annals* 18:513–520, 1988.

⁷ Hatsukami DK, Fischman MW. Crack cocaine and cocaine hydrochloride: Are the differences myth or reality. *JAMA* 276:1580- 1588, 1996.

⁸ <https://www.gatewayfoundation.org/addiction-blog/cost-of-drug-addiction/>

⁹ <https://www.gatewayfoundation.org/addiction-blog/cost-of-drug-addiction/>

The total costs of lost productivity including reduced participation in labor, incarceration, hospitalization, premature death and participation in addiction are:



gateway
FOUNDATION

Source: <https://www.gatewayfoundation.org/addiction-blog/cost-of-drug-addiction/>

THE SOCIETAL COST



According to estimates, the cost for all drug use has elapsed **\$820 billion each year.**



Prescription drugs account for **\$78.5 billion**



Illegal drugs account for **\$193 billion**



Alcohol accounts for **\$249 billion**



Tobacco accounts for **\$300 billion**



So how does drug abuse **affect society?**

1

Lost productivity and inadequate work performance

2

Expenses associated with the criminal justice system

3

Intervention and support from the **healthcare** system

Source: <https://www.gatewayfoundation.org/addiction-blog/cost-of-drug-addiction/>

COMMONLY ABUSED SUBSTANCES

Every three hours, someone dies of an overdose in NYC. Substances like fentanyl and xylazine make the drug supply unpredictable and increase the risk of overdose and other harms of drug use.¹⁰

What is Xylazine?

Xylazine, commonly known as “tranq,” is a drug used by veterinarians to relax or sedate animals. It is not an opioid. Xylazine has been found in the New York City (NYC) drug supply, almost always together with fentanyl (a powerful synthetic opioid).

Please read more about Xylazine and you may save a life:

<https://www.nyc.gov/assets/doh/downloads/pdf/basas/xylazine-faq.pdf>

¹⁰ <https://www.nyc.gov/site/doh/health/health-topics/alcohol-and-drug-use-services.page>

Below are Categories of Most Abused Substances:

1. Opiates and narcotics are powerful painkillers that cause drowsiness (sedation) and feelings of euphoria. These include heroin, opium, codeine, meperidine (Demerol), hydromorphone (Dilaudid), and Oxycontin.
2. Central nervous system stimulants include amphetamines, cocaine, dextroamphetamine, methamphetamine, and methylphenidate (Ritalin). Caffeine and nicotine are the most commonly used stimulants. These drugs have a stimulating effect, and people can start needing higher amounts of these drugs to feel the same effect (tolerance).
3. **Central nervous system depressants** include barbiturates (amobarbital, pentobarbital, secobarbital), benzodiazepine (Valium, Ativan, Xanax), chloral hydrate, and paraldehyde. **The most commonly used, by far, is alcohol.** These substances produce a soothing sedative and anxiety-reducing effect and can lead to dependence.
4. Hallucinogens include LSD, mescaline, psilocybin (“mushrooms”), and phencyclidine (PCP or “Angel Dust”). They can cause people to see things that aren’t there (hallucinations) and can lead to psychological dependence.
5. Tetrahydrocannabinol (THC) is the active ingredient found in marijuana (cannabis) and hashish. Although used for their relaxing properties, THC-derived drugs can also lead to paranoia and anxiety.

Alcohol and You: An Interactive Body

<https://www.collegedrinkingprevention.gov/special-features/interactive-body>

Drugs, Brains, and Behavior: The Science of Addiction

<https://nida.nih.gov/publications/drugs-brains-behavior-science-addiction/drug-misuse-addiction>

Drugs and the Brain

<https://nida.nih.gov/publications/drugs-brains-behavior-science-addiction/drugs-brain>

Commonly Abused Drugs Chart from the National Institute on Drug Abuse (NIDA)

<https://nida.nih.gov/sites/default/files/cadchart.pdf>

Education plays a critical role in preventing substance abuse. Drugs of Abuse, A U.S. Department of Justice Drug Enforcement Administration (DEA) Resource Guide (link below), is designed to be a reliable resource on the most commonly abused and misused drugs in the United States. This comprehensive guide provides important information about the harms and consequences of drug use by describing a drug’s effects on the body and mind, overdose potential, origin, legal status, and other key facts.

https://www.dea.gov/sites/default/files/drug_of_abuse.pdf

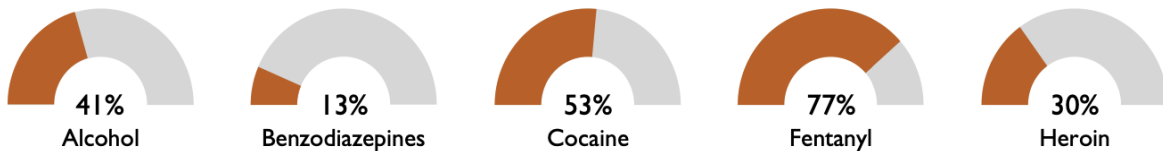
Please watch the following 4 Modules
 Each module is only 15 minutes long and provides important information about prevention and treatment.
 All four modules can also be accessed through the main operation prevention site:
<https://www.operationprevention.com/workplace>

- [Module 1: The Opioid Epidemic](#)
- [Module 2: The Science of Opioids](#)
- [Module 3: The Reality of Opioids](#)
- [Module 4: The Power of Prevention](#)

The following data from the New York City Office of the Chief Medical Examiner lists the most common substances involved in drug overdose deaths by borough (2022 is the most recent full-year data available):

Manhattan:

Substances involved in drug overdose deaths (overdose deaths can involve more than one substance):

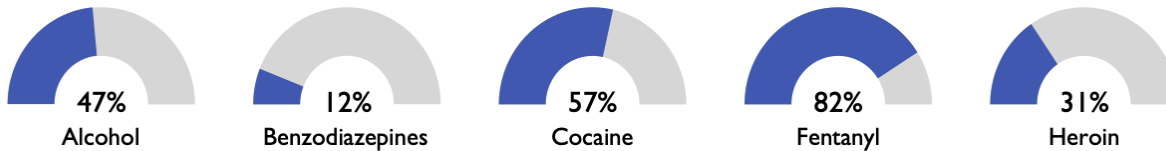


Source: New York City Office of the Chief Medical Examiner and New York City Department of Health and Mental Hygiene's Bureau of Vital Statistics, 2022. Analysis by Bureau of Alcohol, Drug Use, Prevention, Care and Treatment. Data for 2022 are provisional and subject to change.



Bronx:

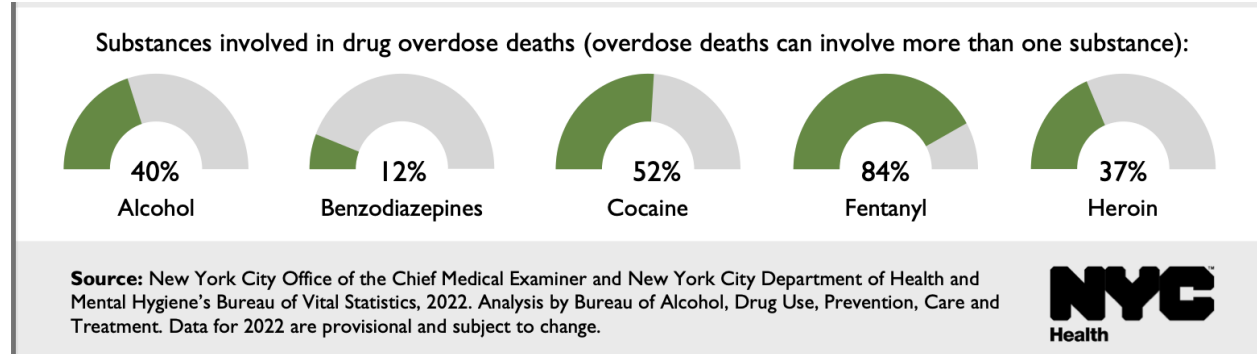
Substances involved in drug overdose deaths (overdose deaths can involve more than one substance):



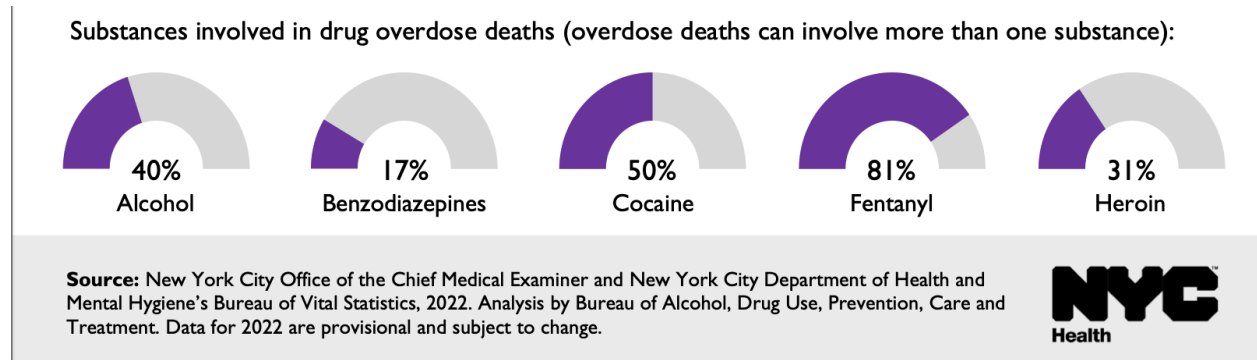
Source: New York City Office of the Chief Medical Examiner and New York City Department of Health and Mental Hygiene's Bureau of Vital Statistics, 2022. Analysis by Bureau of Alcohol, Drug Use, Prevention, Care and Treatment. Data for 2022 are provisional and subject to change.



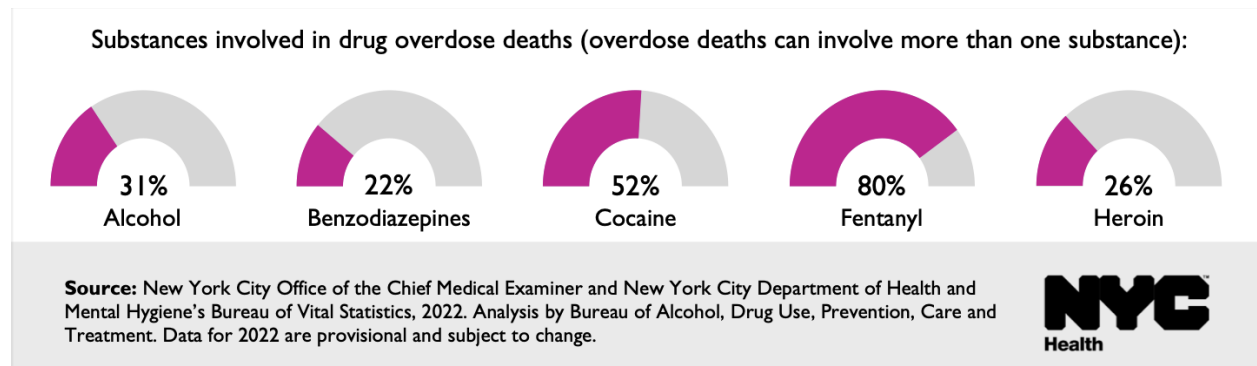
Brooklyn:



Queens:



Staten Island:



Fentanyl, Cocaine and Alcohol are the top three substances involved in drug overdose deaths across the boroughs.

Fentanyl, a highly potent opioid, was **the most common substance** involved in overdose deaths across all five boroughs. **Opioids were involved in more than 89% of all overdose deaths.**

[If you or someone you know is seeking support for opioid addiction, treatment with methadone or buprenorphine can help.](#)

To find a treatment provider near you, call or text 988 or chat at nyc.gov/988. Call, text and chat services are available in English and Spanish, and call services are available in more than 200 additional languages.

For more information about this data, please visit:

<https://www.nyc.gov/assets/doh/downloads/pdf/basas/provisional-overdose-report-second-quarter-2023.pdf>

Opioid-involved deaths are preventable. Opioid-involved overdoses can be reversed using the medication naloxone (Narcan).

A number of Mandl's faculty and staff have been trained to administer naloxone (Narcan).

All New Yorkers can receive free naloxone and training from registered Opioid Overdose Prevention Programs (OOPPs) on how to recognize the signs of an overdose and respond by calling 911 and administering naloxone. To find an OOPP near you, visit nyc.gov/health and search for overdose prevention.

<https://www.nyc.gov/site/doh/index.page>



If you or someone you know is struggling with addiction, you can always call New York City's 24/7 mental health crisis and access line at 1-888-NYC-WELL (1-888-692-9355), text "WELL" to 65173, or visit nyc.gov/nycwell

Please view this video to help Protect friends and family with lifesaving naloxone:

<https://youtu.be/Sm5Tbb8YcgQ>

MARIJUANA

**Marijuana remains illegal at the federal level.
Smoking, vaping, or other consumption of cannabis on campus are conduct violations.**

On March 31, 2021, New York enacted the Marijuana Regulation and Taxation Act (MRTA), legalizing and regulating the use and possession of cannabis for adults ages 21 and up across the state. However, the MRTA's impact is limited for Mandl's community based on **continuing requirements of federal law**. Please note, at the federal level, the Controlled Substances Act criminalizes the growing, possession and/or use of cannabis/marijuana.

Although the MRTA changes the way New York State regulates cannabis, **using and possessing cannabis in any form remains a crime under federal law**. Specifically, **New York colleges and universities remain bound by their federal requirements** under **the Drug Free Schools and Communities Act** and **the Drug Free Workplace Act**. Under these laws, **the use, possession, and distribution of cannabis for any reason** is prohibited while on Mandl's campus, while on externships, or while participating in any Mandl related activities, **and subject to student code of conduct or employee disciplinary actions**. **Failure to comply with federal law may result in termination of all forms of federal financial assistance, including federal student financial aid grants.**

Students and employees are hereby notified that ALL existing campus policies prohibiting the use of cannabis remain in effect. Possession or use of cannabis remains prohibited **on all Mandl property**, including all classrooms, restrooms, hallways, staircases, elevators, offices and in front of the campus. This includes all college events held on or off campus, and while conducting college business. In addition to traditional cannabis buds that are smoked using rolling papers, bowls, bong, or other paraphernalia, cannabis may also take the form of edibles, including candies, cookies, and brownies. None of these forms are permitted within Mandl's campus facilities or vicinity.

Additionally, please note that criminal penalties for selling, exchanging, or disposing of cannabis for compensation range from a violation for less than three ounces to a felony depending on the amount.

In accordance with Cannabis Law §127(2-a), Mandl College respects the legal rights of students related to off-campus activities, specifically concerning the use and possession of cannabis in compliance with New York State law. It is legally permissible for individuals aged 21 and older to possess up to three ounces of cannabis and up to 24 grams of concentrated cannabis for personal use. Furthermore, adults are authorized to smoke or vape cannabis in locations where tobacco smoking is permitted, adhering to New York's smoke-free air laws, except where specifically prohibited.

While recognizing these legal provisions, it is imperative to remember that Mandl is dedicated to preparing students for careers in allied health professions. As such, we expect all students to maintain the highest standards of professional conduct and ethical behavior, befitting their future roles in healthcare settings. This expectation extends to all aspects of our students' conduct, both on and off campus, underscoring the importance of responsibility and professionalism in alignment with the healthcare community's standards.

Students are additionally reminded to be acutely aware of the image they project during externships and other professional engagements. The use of cannabis can affect cognitive and motor functions, which may

influence your performance and the perception of your professionalism in healthcare environments. Furthermore, the odor and residue associated with cannabis are inconsistent with the cleanliness standards required in healthcare settings. As future healthcare professionals, it is crucial that students consider these factors and the potential impact of their choices on their professional reputation and responsibilities.

Students being sanctioned for cannabis policy violations will be subject to disciplinary actions similar to alcohol sanctions for individuals under age 21.

Uses or possesses narcotics, hallucinogens, concentrated cannabis, synthetic drugs, or any other controlled substances except as a medical prescription that is taken as prescribed.¹¹

Minimum: Suspension

Maximum: Expulsion without Recourse

Recommended Standard 1st Offense: Suspension for one semester, a Substance Use Consultation and compliance with any resulting appointment(s), and disciplinary probation upon return for one year. This includes parental notification if the student is under 21.

Recommended Standard 2nd Offense: Expulsion This includes parental notification if the student is under 21.

Uses or possesses cannabis or derivatives of cannabis:

Minimum: Disciplinary Probation

Maximum: Expulsion without Recourse

Recommended Standard 1st Offense: Disciplinary probation for one year, a Substance Screening and Education appointment and compliance with any resulting appointment(s). This Includes parental notification if the student is under 21.

Recommended Standard 2nd Offense: Suspension for one semester, a Substance Use Consultation and compliance with any resulting appointment(s), and disciplinary probation upon return for one year. This includes parental notification if the student is under 21.

Recommended Standard 3rd Offense: Expulsion without recourse.

Manufactures, distributes, sells, gives, or offers cannabis or its derivatives, narcotics, hallucinogens, or controlled substances.

Minimum: Suspension

Maximum: Expulsion without Recourse

Recommended Standard 1st Offense: Expulsion. This includes parental notification if the student is under 21.

¹¹ *Controlled substance* (as defined by the New York State Penal Law) means any substance listed in Schedules I, II, III, IV, or V of section 3306 of the New York State Public Health Law, other than marijuana, but including concentrated cannabis as defined by the New York State Health Law (Section 3302, paragraph a, subdivision 5).

Concentrated Cannabis is defined by the New York State Health Law (Section 3302, paragraph a-5)

Please Note:

As a result of the Marijuana Regulation and Taxation Act (MRTA), Clery reporting for calendar year 2021 due in October 2022 saw an update to the definitions used for cannabis arrests and referrals for discipline occurring within Mandl's Clery Act designated geography and reported to local law enforcement or a Campus Security Authority for all incidents that occurred on or after March 31, 2021. Cannabis offenses are now recorded if they are violations of New York State criminal law, not merely campus policies or procedures.

Additional Notes:

Please be mindful that under the Marijuana Regulation and Taxation Act (MRTA), cannabis use is not allowed in motor vehicles (even if they are parked) or in outdoor dining areas at restaurants. Smoking or vaping cannabis in prohibited areas may result in a civil summons and fine.

It is still against the law for people younger than 21 years old to possess, sell or use any amount of cannabis.

Also, no one may legally possess more than three ounces of cannabis and 24 grams of concentrated cannabis, sell any amount without a license, or drive while under the influence or impaired by cannabis.

Where is cannabis smoking or vaping not allowed in New York?

Smoking or vaping cannabis is not permitted in these locations:

Public areas of buildings

Parks

Beaches and boardwalks

Public golf courses

Inside and on the grounds of sports stadiums

Pedestrian plazas

Public gardens

Restaurants

Bars

Cars and other motor vehicles (even while parked)

Schools

According to the National Center for Injury Prevention and Control, Centers for Disease Control and Prevention, Marijuana is the most commonly used federally illegal drug in the United States, with an estimated 48.2 million people using it in 2019¹². Marijuana use may have a wide range of health effects on the body and brain.

More information is available at the CDC website: <https://www.cdc.gov/marijuana/health-effects/index.html>

¹² Content source: [National Center for Injury Prevention and Control, Centers for Disease Control and Prevention](#)

“Approximately 1 in 10 people who use marijuana will become addicted. When they start before age 18, the rate of addiction rises to 1 in 6.”¹³

How does marijuana affect the brain?

Marijuana has both short-and long-term effects on the brain.

The following information is taken from the National Institute on Drug Abuse:

<https://nida.nih.gov/publications/drugfacts/cannabis-marijuana>

Short-term

- altered senses (for example, seeing brighter colors)
- altered sense of time
- changes in mood
- impaired body movement
- difficulty with thinking and problem-solving
- impaired memory
- hallucinations (when taken in high doses)
- delusions (when taken in high doses)
- psychosis (risk is highest with regular use of high potency marijuana)¹⁴

Long-term

- **Breathing problems.** Marijuana smoke irritates the lungs, and people who smoke marijuana frequently can have the same breathing problems as those who smoke tobacco. These problems include daily cough and phlegm, more frequent lung illness, and a higher risk of lung infections. Researchers so far haven't found a higher risk for lung cancer in people who smoke marijuana.⁸
- **Increased heart rate.** Marijuana raises heart rate for up to 3 hours after smoking. This effect may increase the chance of heart attack. Older people and those with heart problems may be at higher risk.¹⁵







¹³ <https://www.samhsa.gov/marijuana>

¹⁴ <https://nida.nih.gov/publications/drugfacts/cannabis-marijuana>

¹⁵ <https://nida.nih.gov/publications/drugfacts/cannabis-marijuana>

Marijuana Risks

Marijuana use can have negative and long-term effects:

-  **Brain health:** Marijuana can cause permanent IQ loss of as much as 8 points when people start using it at a young age. These IQ points do not come back, even after quitting marijuana.
-  **Mental health:** Studies link marijuana use to depression, anxiety, suicide planning, and psychotic episodes. It is not known, however, if marijuana use is the cause of these conditions.
-  **Athletic Performance:** Research shows that marijuana affects timing, movement, and coordination, which can harm athletic performance.
-  **Driving:** People who drive under the influence of marijuana can experience dangerous effects: slower reactions, lane weaving, decreased coordination, and difficulty reacting to signals and sounds on the road.
-  **Baby's health and development:** [Marijuana use during pregnancy](#) may cause fetal growth restriction, premature birth, stillbirth, and problems with brain development, resulting in hyperactivity and poor cognitive function. Tetrahydrocannabinol (THC) and other chemicals from marijuana can also be passed from a mother to her baby through breast milk, further impacting a child's healthy development.
-  **Daily life:** Using marijuana can affect performance and how well people do in life. Research shows that people who use marijuana are more likely to have relationship problems, worse educational outcomes, lower career achievement, and reduced life satisfaction.

Source: <https://www.samhsa.gov/marijuana>

Is Marijuana Addictive?

Marijuana use can lead to the development of a substance use disorder, a medical illness in which the person is unable to stop using even though it's causing health and social problems in their life. Severe substance use disorders are also known as addiction. Research suggests that between 9 and 30 percent of those who use marijuana may develop some degree of marijuana use disorder. People who begin using marijuana before age 18 are four to seven times more likely than adults to develop a marijuana use disorder.¹⁶

For more information, please review the following: Marijuana, The Risks Are Real:

<https://www.samhsa.gov/sites/default/files/marijuana-infographic-risks-are-real.pdf>

Other Resources:

<https://www.youtube.com/watch?v=gejXD3yI5jk>

<https://www.youtube.com/watch?v=HLYIDpJxxqs>

Health Effects of Marijuana

<https://www.cdc.gov/marijuana/health-effects/index.html>

Get Help:

<https://www.samhsa.gov/find-help>

¹⁶ <https://nida.nih.gov/publications/drugfacts/cannabis-marijuana>

LOOKING FOR TREATMENT?

If you, or someone you know or care about, should be seeking help for drug-related problems, **call 1- 800-662-HELP (4357)** at any time to find drug treatment centers near you.

For an extensive list of local and national organizations helping individuals recover from substance abuse, students should speak to the academic advising staff or to the Title IX Coordinator who can make referrals to outside organizations.

RECOVERY STARTS WITH ASKING FOR HELP.

Quick Links to HELP:

- Substance Use Treatment Locator
- <https://findtreatment.gov>

Millions of Americans have a substance use disorder. Help is available, treatment works and people recover every day. Find a state-licensed treatment facility near you.

National Helpline

Treatment referral and information, 24/7.

1-800-662-HELP (4357)

- **National Suicide Prevention Lifeline**

1-800-273-TALK (8255)

TTY: 1-800-799-4889

suicidepreventionlifeline.org

24-hour, toll-free, confidential support for people in distress. Prevention and crisis resources for you or your loved ones.

- **988 Suicide & Crisis Lifeline**

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.



What Happens When You Call The 988 Lifeline?

First, you'll hear an automated message featuring additional options while your call is routed to your local 988 Lifeline network crisis center.

We'll play you a little music while we connect you to a skilled, trained crisis worker.

A trained crisis worker at your local center will answer the phone.

This person will listen to you, understand how your problem is affecting you, provide support, and get you the help you need.

988 Lifeline Center calls are free and confidential, and we're available 24/7.



Source: <https://988lifeline.org>

- **SAMHSA's National Helpline**

1-800-662-HELP (4357)

TTY: 1-800-487-4889

<https://www.samhsa.gov/find-help/national-helpline>

This Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

- **Opioid Treatment Program Directory**

<https://dpt2.samhsa.gov/treatment/>

Find treatment programs in your state that treat addiction and dependence on opioids, such as heroin or prescription pain relievers.

- **Early Serious Mental Illness Treatment Locator**

<https://www.samhsa.gov/esmi-treatment-locator>

Find treatment programs in your state that treat recent onset of serious mental illnesses such as psychosis, schizophrenia, bi-polar disorder, and other conditions.

- **Veterans Crisis Line**

You don't have to be enrolled in VA benefits or healthcare to connect

Dial 988 then press 1

TTY: 1-800-799-4889

Text: 838255

<https://www.veteranscrisisline.net>


Reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.



**Veterans
Crisis Line**
DIAL 988 then **PRESS 1**

You don't have to be enrolled in VA benefits or health care to connect.

 **Dial 988 then Press 1**

 **Chat online**  **Text 838255**

Please remember, Mandl's policies on marijuana:

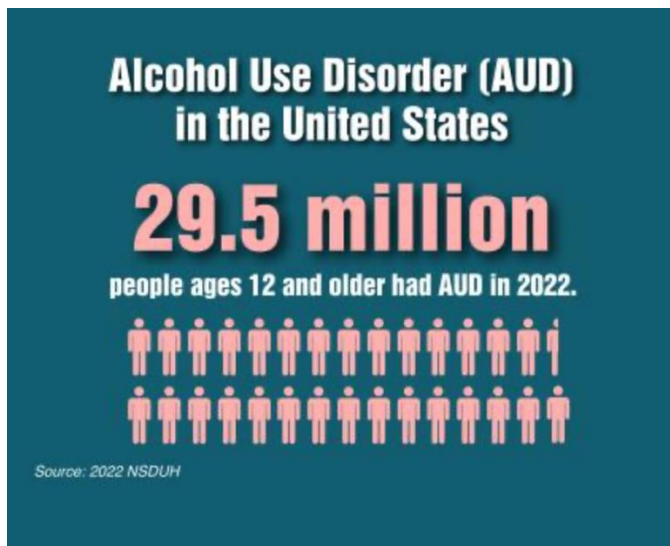
Despite the recent passage of the New York State Marijuana Regulation and Taxation Act (MRTA), the use, possession and/or distribution of cannabis/marijuana in any form remains a crime under federal law. At the federal level, the Controlled Substances Act criminalizes the growing, possession and/or use of cannabis/marijuana. As a controlled substance, use, possession and/or distribution of cannabis/marijuana continues to be prohibited by Mandl's Student Code of Conduct and is not permitted on campus and/or sponsored event. The use, possession and/or distribution of cannabis/marijuana on campus is also restricted by federal laws, such as the federal Drug-Free Schools and Communities Act. In short, federal law requires that any College/University prohibit the use, possession and/or distribution of cannabis/marijuana on campus and/or sponsored event due to the federal funding received.

ALCOHOL USE DISORDER

Four out of five college students admit to drinking alcohol. Approximately half of the college students, who admit to drinking, consume it through binge drinking.

Alcohol consumed irresponsibly or illegally (by those under the legal drinking age) affects college communities across the nation. According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), **about 18 million people in the United States have an alcohol use disorder**, classified as alcohol dependence (i.e. alcoholism).

According to the 2022 NSDUH, **28.8 million adults ages 18 and older** (11.2% in this age group) **had AUD in the past year**.¹⁷



Source:

<https://www.niaaa.nih.gov/alcohols-effects-health/alcohol-topics/alcohol-facts-and-statistics/alcohol-use-disorder-aud-united-states-age-groups-and-demographic-characteristics>

“Nearly every organ system of our body is affected by alcohol. For individuals ages 18 and older, even a serving or two of alcohol per day can increase the risk of certain cancers, and drinking heavily over the years can cause irreversible damage to virtually every organ. Alcohol can also impact brain development. Fortunately, diseases caused by alcohol misuse can be prevented by reducing—or, even better—stopping drinking alcohol”¹⁸.

For an interactive explanation, please visit:

<https://www.collegedrinkingprevention.gov/special-features/interactive-body>

¹⁷ <https://www.niaaa.nih.gov/alcohols-effects-health/alcohol-topics/alcohol-facts-and-statistics/alcohol-use-disorder-aud-united-states-age-groups-and-demographic-characteristics>

¹⁸ <https://www.collegedrinkingprevention.gov/special-features/interactive-body/alcohol-and-you-interactive-body-text>

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 heartbeat

Stroke

High blood pressure

Liver:

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

Steatosis, or fatty liver

Alcoholic hepatitis

Fibrosis

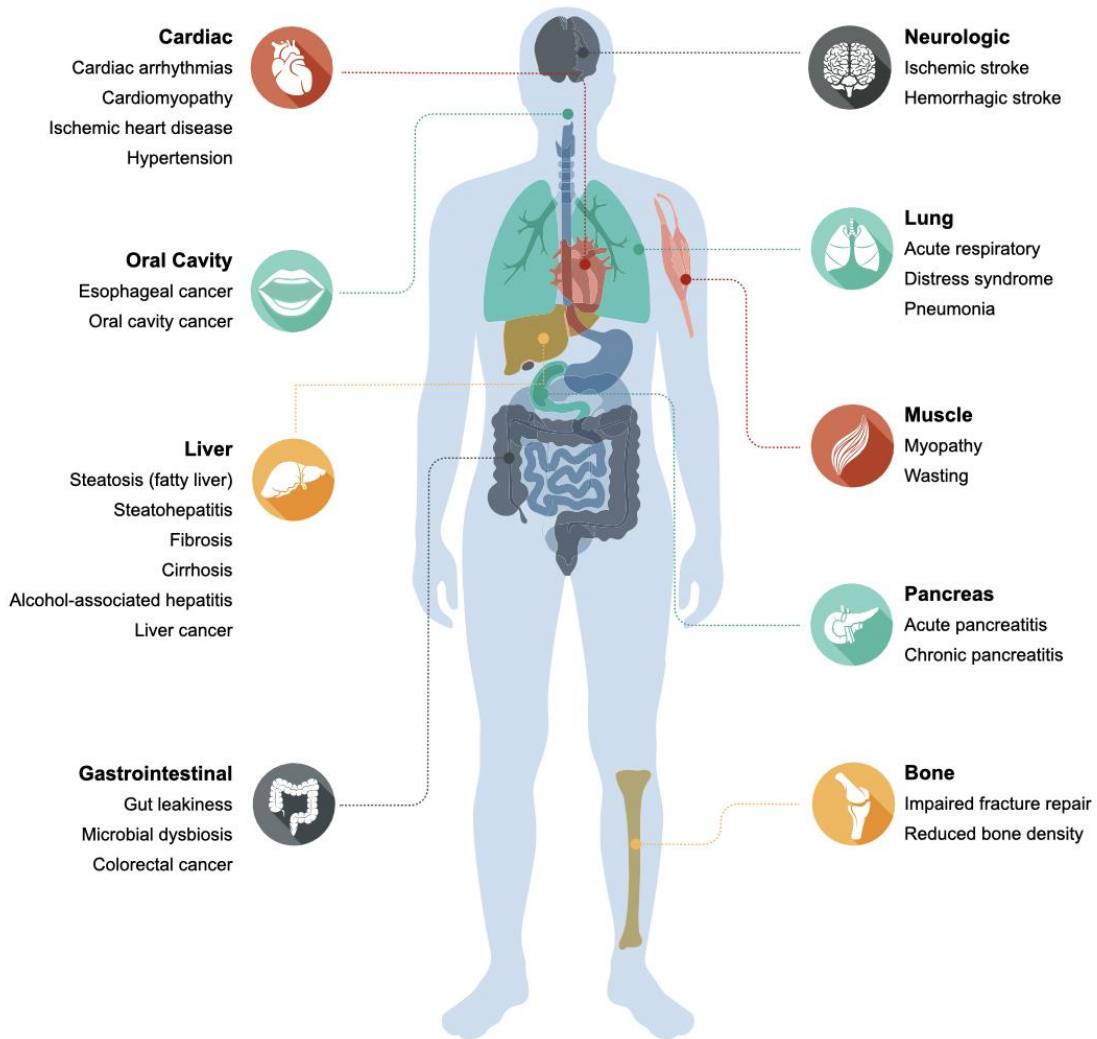
Cirrhosis

Pancreas:

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation in the pancreas that causes its swelling and pain (which may spread) and impairs its ability to make enzymes and hormones for proper digestion.¹⁹

¹⁹ <https://www.niaaa.nih.gov/alcohols-effects-health/alcohols-effects-body>

Alcohol-Associated Organ Damage



Source: <https://www.niaaa.nih.gov/alcohols-effects-health/alcohols-effects-body>

What are Blood Alcohol Content (BAC) Levels?

“Blood Alcohol Content, or BAC, refers to the percentage of alcohol in a person's bloodstream, and can be measured within 30-70 minutes after drinking. **Contrary to popular belief, nothing can lower BAC except time; coffee, cold showers, and chugging glasses of water will not help you sober up any faster.**”²⁰

Below is a link to a BAC calculator. You can use the calculator to estimate, but don't forget that everyone metabolizes alcohol (beer, wine, liquor) differently. The calculator below can give you an approximate BAC level, but do not rely upon it to determine if you're fit to drive or work.

<https://alcohol.org/bac-calculator/>

Alcohol Calorie Calculator

Aside from the damage that alcohol can cause to you over time, alcohol also contributes to unwanted weight gain. Alcohol beverages supply calories but few nutrients.

In the calculator below, indicate your average number of drinks of choice per week. The calculator will show you the calories you consume per week from alcohol beverages.

<https://www.rethinkingdrinking.niaaa.nih.gov/Tools/calculators/calorie-calculator.aspx>

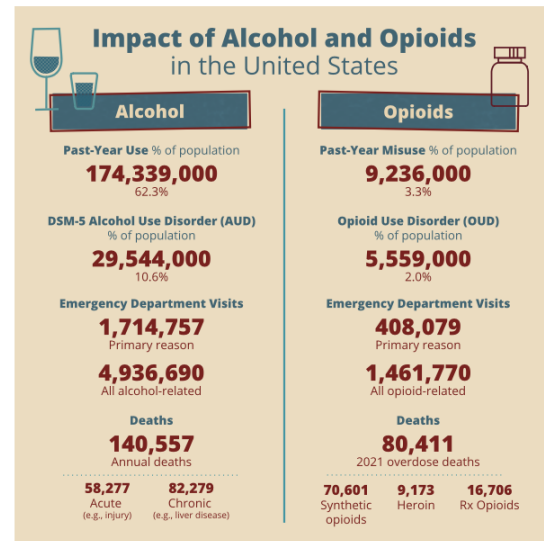
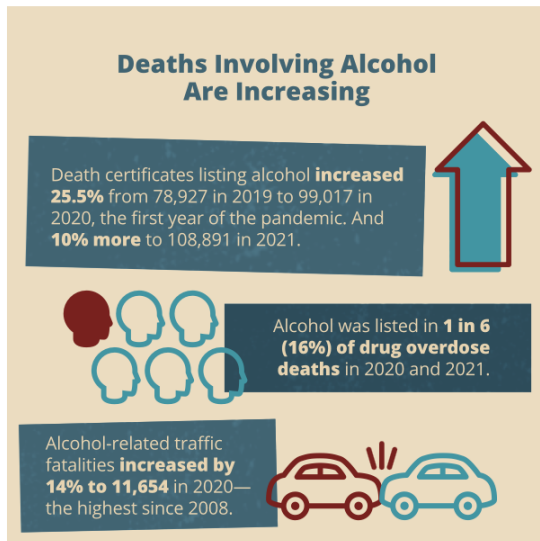
Alcohol spending calculator

Do you know how much money you're spending on alcohol each week, month, or year? Over time, costs can add up quickly! Use this calculator to figure out your average spending on alcohol per week, month, and year.

<https://www.rethinkingdrinking.niaaa.nih.gov/Tools/Calculators/Alcohol-Spending-Calculator.aspx>

²⁰ <https://alcohol.org/bac-calculator/>

In 2021, alcohol-impaired driving fatalities accounted for 13,384 deaths (or 31% of overall driving fatalities).²¹



Source: National Institute on Alcohol Abuse and Alcoholism

<https://www.niaaa.nih.gov/alcohols-effects-health/alcohol-topics/alcohol-facts-and-statistics/alcohol-related-emergencies-and-deaths-united-states>

Alcohol-related Sexual Assault

“Although estimating the number of alcohol-related sexual assaults is exceptionally challenging because sexual assault is typically underreported, researchers have confirmed a long-standing finding that 1 in 5 college women experience sexual assault during their time in college. A majority of sexual assaults in college involve alcohol or other substances. Research continues to better understand the relationship between alcohol and sexual assault among college students. Additional national survey data are needed to better estimate the number of alcohol-related assaults”²².

The following comes from:

SEXUAL ASSAULT AND ALCOHOL: WHAT THE RESEARCH EVIDENCE TELLS US

<https://nida.nih.gov/sites/default/files/sexualassault.pdf>

“Alcohol use does not cause sexual assault, but it can be a major contributing factor.

- Research studies have found that about half of sexual assaults on college campuses involve a situation in which the perpetrator, the victim, or both were consuming alcohol. Sexual assaults were more likely to occur in settings where alcohol was consumed (e.g., parties, bars).

²¹ National Center for Statistics and Analysis, National Highway Traffic Safety Administration. Overview of Motor Vehicle Crashes in 2021 [Internet]. Washington: U.S. Department of Transportation; cited 2024 Apr 21. 50 p. Available from: <https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/813435>

²² <https://www.niaaa.nih.gov/alcohols-effects-health/alcohol-topics/alcohol-facts-and-statistics/alcohol-and-young-adults-ages-18-25>

Potential perpetrators seek out such settings as a way of finding vulnerable individuals. Alcohol should be seen as a risk factor for—not a cause of—unwanted sexual advances and other forms of sexual assault.”²³

“Sexual assaults involving alcohol more often occur among individuals who know each other casually as acquaintances, rather than among individuals in romantic relationships.

Alcohol consumption is associated with aggression and loss of inhibition.

- Several decades of research have demonstrated that alcohol can increase the likelihood of intimate partner violence. When a relationship situation is potentially dangerous, alcohol can be seen as “adding fuel to the fire.” Alcohol might increase sexual arousal, disinhibition, and aggression among perpetrators; heavier drinkers also have personality characteristics that are associated with perpetration (e.g., antisocial behavior, orientation toward impersonal sex). Perpetrators might also use alcohol as a means to justify their behavior or diminish their level of responsibility.”²⁴

Alcohol Abuse & Sexual Assault

Alcohol & the Perpetrator

Attackers may use alcohol to:

- Use as a date rape drug
- Increase arousal
- Cause disinhibition
- Lead to aggressive behavior
- Excuse behavior choices

Source: <https://www.therecoveryvillage.com/teen-addiction/alcohol/sexual-assault/>

In addition, alcohol and date rape drugs may be combined. In turn, the mixture may make sexual assault even more likely, because the risk of blackout is increased. While sometimes the victim takes the drug on their own, in other cases, the drugs are slipped into the victim’s drink. Drugs linked to sexual assault include:

- Cannabis
- Cocaine
- Gamma hydroxybutyrate (GHB)
- Benzodiazepines like Rohypnol, the brand name for flunitrazepam
- Ketamine

²³ Maryland Collaborative to Reduce College Drinking and Related Problems. (2016). Sexual assault and alcohol: What the research evidence tells us. College Park, MD: Center on Young Adult Health and Development.

²⁴ Maryland Collaborative to Reduce College Drinking and Related Problems. (2016). Sexual assault and alcohol: What the research evidence tells us. College Park, MD: Center on Young Adult Health and Development.

- Barbiturates
- Chloral hydrate
- Methaqualone
- Opioids
- Hallucinogens²⁵

Useful Resource:

Drug-Facilitated Sexual Assault

<https://www.rainn.org/articles/drug-facilitated-sexual-assault>

Where to Get Help

If you are in a dangerous situation and need help, call 911. If you are out of immediate danger and would like to report a sexual assault or some other crime, you can contact the local police precinct to file a report. Research estimates that only about 20% of sexual assault victims report their attacks to the police.²⁶

Title IX and New York State sexual assault guidelines require that colleges have resources for sexual assault victims. Mandl refers students to off-site counselors who can help victims after an attack. If you are a victim of an attack by another member of the Mandl community, Mandl is required to take certain steps to help you feel safer on campus (such as helping you change class schedules or to obtain a no-contact order).

If you or a loved one are struggling with alcohol abuse, help is available.

https://centers.rainn.org/?_ga=2.158448700.703262410.1713750461-1463471863.1713750461

²⁵ <https://www.therecoveryvillage.com/teen-addiction/alcohol/sexual-assault/>

²⁶ <https://www.womenshealth.gov/relationships-and-safety/sexual-assault-and-rape/college-sexual-assault>

DRIVING WHILE INTOXICATED AND DRIVING WITH ABILITY IMPAIRED BY DRUGS: IF YOU DRINK, DON'T DRIVE!

Alcohol or drug related driving offenses in New York State carry criminal, penal, civil, or administrative consequences. The criminal consequences may include all or some of the following: court-imposed fines and surcharges, a sentence of probation or conditional discharge with a condition that you install and maintain an Ignition Interlock Device (IID) in all vehicles you own or operate, and imprisonment. If the IID detects alcohol on the driver's breath, the engine will not start.

A driver causing a death or serious injury as a result of a traffic accident while intoxicated or impaired by alcohol or drugs, may face additional criminal charges under the Penal Law for vehicular assault, aggravated vehicular assault, vehicular manslaughter, and aggravated vehicular homicide, punishable by up to 15-25 years in prison.

The civil or administrative consequences will include fines, mandatory surcharges, and related fees levied by the Department of Motor Vehicles ("DMV"), and the suspension or revocation of your driver's license by the DMV.

Convictions under these statutes may lead to fines, legal fees, and increased insurance premiums. Further, conviction under a misdemeanor drug or alcohol-related driving offense results in a criminal record which may have to be reported when seeking employment, applying to other college programs, and applying for financial aid.

If you are age 21 or older and you are convicted of an out-of-state alcohol-related driving offense, then in addition to the penalties imposed by the state where the offense occurred, your New York driver's license will be revoked for at least 90 days; if the out-of-state offense is a drug-related driving offense, then your driver's license will be revoked for at least six months.

HOW MANY DRINKS MAKE YOU LEGALLY INTOXICATED?

In New York State, you are legally intoxicated when your BAC reaches .08%. You are considered to be driving while ability impaired ("DWAI") when your BAC is more than .05%, but less than .08%.

Any amount of drinking will affect your judgment and coordination. The degree of impairment depends on four basic factors:

- (a) how much you drink;
- (b) how long you drink;
- (c) eating before or during drinking, as food slows absorption of alcohol; and
- (d) your body weight.

A 12-ounce can of beer, 5-ounce glass of wine, or a shot of 86-proof liquor all contain the same amount of alcohol. Your body metabolizes about one drink each hour. **Only time will truly sober you up, not coffee, a walk, or a cold shower.**²⁷

Therefore, if you consume more than one drink per hour, the likelihood is that you are at least DWAI if you weigh around 110 pounds and had two drinks, or DWAI if you had three drinks and weigh 170 pounds or more. **As a rule of thumb, for an average 140-160 pound person, BAC level rises .02% per hour per drink.**

As an example, a 140-pound person who consumes five drinks in a two-hour period will have a .08% BAC (deducting .02% for the passage of time). Even if no more alcohol is consumed, that individual may not safely drive for at least four hours. Remember, any elevation in BAC will impair your judgment and coordination.²⁸

ALCOHOL/DRUG-RELATED CONVICTIONS AND YOUR AUTOMOBILE INSURANCE POLICY

“Suspension or revocation of your driver's license or the driver's license of any person who normally operates an automobile insured under your policy is just cause for your insurance company to cancel your automobile insurance policy.

A conviction of driving while impaired or intoxicated through the use of alcohol or drugs will probably result in non-renewal of your insurance policy, and in your inability to obtain insurance with another company in the voluntary market. You will then find yourself relegated to the New York Automobile Insurance Plan (“Assigned Risk Plan”) at a substantially higher cost.

Currently, under the Assigned Risk Plan, a conviction of operating a motor vehicle while intoxicated or impaired by the use of alcohol or drugs will result in a 75% surcharge, increasing your automobile insurance premiums for three years. Most automobile insurance companies also will surcharge your premiums substantially for any convictions of operating a motor vehicle while under the influence of alcohol or drugs.”²⁹

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https://www.dfs.ny.gov/system/files/documents/2020/07/cl2012_07_dwi_info_statement.pdf#:~:text=If%20you%20cause%20a%20death,vehicular%20homicide%2C%20punishable%20by%20up

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https://www.dfs.ny.gov/system/files/documents/2020/07/cl2012_07_dwi_info_statement.pdf#:~:text=If%20you%20cause%20a%20death,vehicular%20homicide%2C%20punishable%20by%20up

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https://www.dfs.ny.gov/system/files/documents/2020/07/cl2012_07_dwi_info_statement.pdf#:~:text=If%20you%20cause%20a%20death,vehicular%20homicide%2C%20punishable%20by%20up

Below are the summaries of fines and imprisonment for various alcohol/drug related driving offenses, please review the charts carefully:

FINES AND IMPRISONMENT PENALTIES FOR ALCOHOL/DRUG-RELATED DRIVING OFFENSES

According to the VTL, the following penalties will be imposed for the noted violations:

**AGGRAVATED DRIVING WHILE INTOXICATED
AGG-DWI (0.18 AND HIGHER BAC [BLOOD ALCOHOL CONTENT])**

CONVICTION	FINE ONLY ¹	JAIL SENTENCE	LICENSE ACTION & REQUIREMENTS ²	
			AGE 21 & OLDER	UNDER AGE 21
1 st Offense (Misdemeanor)	Minimum \$1000 Maximum \$2500	Up to 1 Year	- Minimum 1-Year Revocation	Minimum 1-Year Revocation
2 nd Offense within 10 Years (Class E Felony)	Minimum \$1000 Maximum \$5000	Up to 4 Years	- Minimum 18-Month Revocation	18-Month Revocation or until age 21, whichever is longer
3 rd Offense or more within 10 years (Class D Felony)	Minimum \$2000 Maximum \$10000	Up to 7 Years	- Minimum 18-Month Revocation	18-Month Revocation or until age 21, whichever is longer

**DRIVING WHILE INTOXICATED (DWI or .08 and higher BAC)
DRIVING WHILE IMPAIRED BY DRUG (DWAI-DRUG)
DRIVING WHILE IMPAIRED BY COMBINED ALCOHOL & DRUG (DWAI-Combination)**

CONVICTION	FINE ONLY ¹	JAIL SENTENCE	LICENSE ACTION & REQUIREMENTS ²	
			AGE 21 & OLDER	UNDER AGE 21
1 st Offense (Misdemeanor)	Minimum \$500 Maximum \$1000	Up to 1 Year	- Minimum 6-Month Revocation	Minimum 1-Year Revocation
2 nd Offense within 10 Years (Class E Felony)	Minimum \$1000 Maximum \$5000	Up to 4 Years	- Minimum 1-Year Revocation	1-Year Revocation or until age 21, whichever is longer ³
3 rd Offense or more within 10 years (Class D Felony)	Minimum \$2000 Maximum \$10000	Up to 7 Years	- Minimum 1-Year Revocation	1-Year Revocation or until age 21, whichever is longer ³

**DRIVING WHILE ABILITY IMPAIRED BY ALCOHOL
DWAI (MORE THAN .05 UP TO .07 BAC)**

CONVICTION	FINE ONLY ¹	JAIL SENTENCE	LICENSE ACTION & REQUIREMENTS ²	
			AGE 21 & OLDER	UNDER AGE 21
1 st Offense (Traffic Infraction)	Minimum \$300 Maximum \$500	Up to 15 Days	- 90-Day Suspension	Minimum 1-Year Revocation
2 nd Offense within 5 Years (Traffic Infraction)	Minimum \$500 Maximum \$750	Up to 30 Days	- Minimum 6- Month Revocation	1-Year Revocation or until age 21, whichever is longer
3 rd Offense or more within 10 years (Misdemeanor)	Minimum \$750 Maximum \$1500	Up to 180 Days	- Minimum 6- Month Revocation	1-Year Revocation or until age 21, whichever is longer

**ZERO TOLERANCE LAW (ZTL)
FOR DRIVER UNDER AGE 21 WITH .02 TO .07 BAC⁴**

CONVICTION	FINE ONLY ¹	JAIL SENTENCE	LICENSE ACTION & REQUIREMENTS ²
1 st Offense	\$125 civil penalty and \$100 fee to terminate suspension	N/A	6-Month Suspension
2 nd Offense	\$125 civil penalty and \$100 re- application fee	N/A	1-Year Revocation or until age 21, whichever is longer

**DRIVING WHILE ABILITY IMPAIRED BY ALCOHOL
DWAI (MORE THAN .05 UP TO .07 BAC)**

CONVICTION	FINE ONLY ¹	JAIL SENTENCE	LICENSE ACTION & REQUIREMENTS ²	
			AGE 21 & OLDER	UNDER AGE 21
1 st Offense (Traffic Infraction)	Minimum \$300 Maximum \$500	Up to 15 Days	- 90-Day Suspension	Minimum 1-Year Revocation
2 nd Offense within 5 Years (Traffic Infraction)	Minimum \$500 Maximum \$750	Up to 30 Days	- Minimum 6- Month Revocation	1-Year Revocation or until age 21, whichever is longer
3 rd Offense or more within 10 years (Misdemeanor)	Minimum \$750 Maximum \$1500	Up to 180 Days	- Minimum 6- Month Revocation	1-Year Revocation or until age 21, whichever is longer

**ZERO TOLERANCE LAW (ZTL)
FOR DRIVER UNDER AGE 21 WITH .02 TO .07 BAC⁴**

CONVICTION	FINE ONLY¹	JAIL SENTENCE	LICENSE ACTION & REQUIREMENTS²
1 st Offense	\$125 civil penalty and \$100 fee to terminate suspension	N/A	6-Month Suspension
2 nd Offense	\$125 civil penalty and \$100 re-application fee	N/A	1-Year Revocation or until age 21, whichever is longer

OUT-OF-STATE DRIVING UNDER THE INFLUENCE CONVICTIONS

CONVICTION	FINE ONLY¹	JAIL SENTENCE	LICENSE ACTION & REQUIREMENTS²
Driving Under the Influence-(Out-of-State)	N/A	N/A	- Minimum 90-Day Revocation - Minimum 1-Year Revocation for drivers under age 21
Driving Under the Influence-(Out-of-State) with any previous alcohol-drug violation	N/A	N/A	- Minimum 90-Day Suspension (longer with certain prior offenses) - Minimum 1-Year Revocation or until age 21, whichever is longer, for drivers under age 21

CHEMICAL TEST REFUSAL (CTR)

CONVICTION	FINE ONLY ¹	JAIL SENTENCE	LICENSE ACTION & REQUIREMENTS ²
Chemical Test Refusal (CTR)	\$500 civil penalty;	N/A	- Minimum 1-Year Revocation
CTR within 5 years of a previous DWI-related charge/CTR	\$750 civil penalty	N/A	- Minimum 18-Month Revocation - 1-Year Revocation or until age 21, whichever is longer, for drivers under age 21
CTR-under Zero Tolerance Law (ZTL)	\$300 civil penalty and \$50 re-application fee	N/A	Minimum 1-Year Revocation
CTR-Second or subsequent under ZTL	\$750 civil penalty and \$50 re-application fee	N/A	Minimum 1-Year Revocation

Additional Resources:

Information from the DMV (Penalties for alcohol or drug-related violations)

<https://dmv.ny.gov/tickets/penalties-alcohol-or-drug-related-violations>

Penalties for Drunk Driving Vehicular Homicide (Summary for all States)

<https://madd.org/wp-content/uploads/2022/06/Vehicular-Homicide.pdf>

What is a Standard Drink?

The content below is taken directly from the Center for Disease Control and Prevention (CDC), please take the time to carefully review it. More information can be found [here](#).



Source: Alcohol Use and Your Health
CDC – Centers for Disease Control and Prevention

In the United States, a standard drink contains 0.6 ounces (14.0 grams or 1.2 tablespoons) of pure alcohol. Generally, this amount of pure alcohol is found in

- 12-ounces of beer (5% alcohol content).
- 8-ounces of malt liquor (7% alcohol content).
- 5-ounces of wine (12% alcohol content).
- 1.5-ounces of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, rum, vodka, whiskey).

What is Excessive Drinking?

Excessive drinking includes binge drinking, heavy drinking, and any drinking by pregnant women or people younger than age 21.

- [Binge drinking](#), the most common form of excessive drinking, is defined as consuming
 - For women, 4 or more drinks during a single occasion.
 - For men, 5 or more drinks during a single occasion.
- Heavy drinking is defined as consuming
 - For women, 8 or more drinks per week.
 - For men, 15 or more drinks per week.

Most people who drink excessively are not alcoholics or alcohol dependent.

What is moderate drinking?



Source: Alcohol Use and Your Health
CDC – Centers for Disease Control and Prevention

The Dietary Guidelines for Americans [recommends](#) that **adults of legal drinking age can choose not to drink, or to drink in moderation by limiting intake to 2 drinks or less in a day for men or 1 drink or less in a day for women, on days when alcohol is consumed.**


There are some people who should not drink any alcohol, including those who are:

- Younger than age 21.
- Pregnant or may be pregnant.
- Driving, planning to drive, or participating in other activities requiring skill, coordination, and alertness.
- Taking certain prescription or over-the-counter medications that can interact with alcohol.
- Suffering from certain medical conditions.
- Recovering from alcoholism or are unable to control the amount they drink.

By adhering to the Dietary Guidelines, you can reduce the risk of harm to yourself or others.

Drinking in Moderation

Here are some strategies to help you cut back or stop drinking:

 **Take Action**

Set Limits

[Here are some strategies to help you cut back or stop drinking.](#)

Keep track of your drinking.

Keeping track of each drink may help you drink less overall. [These drinking tracker cards can help](#). You can also make notes in your smartphone to keep track of your drinks.

Set goals.

Decide how many days a week you'll drink and how much you'll drink on those days. For men, try not to have more than 2 drinks a day. For women, try not to have more than 1 drink a day. It's also a good idea to have some days when you don't drink at all.

Remember, drinking less is better for your health than drinking more.

Make a Plan

Learn new skills to help you change your drinking habits.

Planning ahead can help you manage situations when you might be tempted to drink too much. Think ahead about how to say "no" if someone offers you a drink.

Read about skills that can help you limit or avoid drinking:

- [Learn how to resist social pressure to drink](#)
- [Practice these strategies to handle an urge to drink](#)

Find healthy ways to manage stress.

If you have a bad day or are feeling angry, don't reach for a drink. Try taking a walk, calling a friend, or seeing a movie. [Get tips to help you manage stress.](#)

Avoid places where people drink a lot.

Stay away from bars and other places that may make you want to drink.

Limit the amount of alcohol you keep at home.

If you keep a lot of alcohol around, you may be tempted to go over the drinking limit you set for yourself when you're at home.

Make a list of reasons not to drink.

<https://health.gov/myhealthfinder/health-conditions/heart-health/drink-alcohol-only-moderation#take-action-tab>

If you think someone you know may have an alcohol problem, the following tools are available from the U.S. Department of Health and Human Services and the Office of Disease Prevention and Health Promotion:

Alcohol Use: Conversation Starters:

<https://health.gov/myhealthfinder/healthy-living/mental-health-and-relationships/alcohol-use-conversation-starters>

Smoking

Quitting smoking is one of the most important things you can do for your health. The sooner you quit, the sooner your body can start to heal.

Smoking hurts almost every part of the body.

Smoking tobacco is the leading cause of preventable death and disease in the United States.

For example, smoking cigarettes (which have tobacco in them) causes:

- Lung cancer, colorectal cancer, and many other types of cancer
- Heart disease and stroke
- COPD (chronic obstructive pulmonary disease)
- Pregnancy problems
- Gum disease
- Type 2 diabetes
- Vision loss
- Rheumatoid arthritis³⁰

Learn more about how smoking affects different parts of the body.

<https://smokefree.gov/quit-smoking/why-you-should-quit/health-effects>

E-cigarettes

E-cigarettes (sometimes called “vapes”) work by heating a liquid to make an aerosol that people breathe in. E-cigarette aerosol is not harmless. It can have harmful — and possibly harmful — substances, like heavy metals and chemicals that can cause cancer. Most e-cigarettes also have nicotine (the addictive drug found in tobacco products).

The U.S. Food and Drug Administration (FDA) has not approved e-cigarettes as a quit-smoking aid.

[Learn about e-cigarettes](#) and how they affect your health.

³⁰ <https://health.gov/myhealthfinder/health-conditions/diabetes/quit-smoking>

How Can I Quit?

Nicotine — the drug found in all tobacco products — is as addictive as heroin or cocaine. It's the nicotine in cigarettes that causes cravings, or the strong feeling that you want to smoke. Remember — quitting isn't easy, but it is possible!

Need Help Quitting?

- Call 1-800-QUIT-NOW (1-800-784-8669) or [visit Smokefree.gov](http://www.smokefree.gov) for free help
- Text QUITNOW to 333888 or [visit SmokefreeTXT](http://www.smokefreetxt.com) to enroll in a texting program for support with quitting
- [Download a free app](#) for 24/7 support and encouragement

Find out more about [steps you can take as you get ready to quit smoking](#).

PREVENTION THROUGH EDUCATION

Mandl strongly believes that education and awareness is the best method of preventing alcohol and drug abuse. As such, periodically throughout the year Mandl offers workshops and sponsors speakers on the dangers of drug and alcohol abuse. Mandl also distributes and makes available informational materials dealing with drug and alcohol consumption through the library and the Academic Office located on the fifth floor. All students and employees are highly urged to attend these seminars and to read the informational materials provided. To obtain more information regarding the dangers and health risks associated with alcohol or chemical substance consumption and dependency, please visit the library on the second floor or the Academic Administration on the fifth floor.

Below are some commonly needed helplines:

- Help is available 24-hours a day, 365 days a year for alcoholism, drug abuse, and problem gambling. Call 877-8-HOPENY (1-877-846-7369) <https://findaddictiontreatment.ny.gov/>
All calls are toll-free, anonymous, and confidential.
- Help is also available through the Substance Abuse and Mental Health Services Administration (SAMHSA).
Call the SAMHSA Treatment Referral Helpline:
1-800-662-HELP (4357) / 1-800- 487-4889 (TDD).
- To report synthetic drug abuse, sale, manufacturing, distribution, or possession:
Call 1-888-99-SALTS (1-888-997-2587).

Mandl distributes the Alcohol and Other Drugs (AOD) document which contains the Alcohol Use Amnesty policies to all students and employees in a communitywide email each year, as required by college policy and the federal regulations. The document describes legal sanctions for drug and alcohol misuse, health risks associated with substance abuse, and lists treatment and help centers. The Drugs and Alcohol policy is also distributed to all new employees as part of our onboarding process.

APPENDIX A

NEW YORK CITY

New York City information sheet –Cannabis legal use

<https://www.nyc.gov/assets/doh/downloads/pdf/basas/cannabis-in-nyc-legal-use.pdf>

APPENDIX B

NEW YORK DRUG POSSESSION AND SALE CRIMES

Penalties for drug crimes in New York range from a fine of up to \$100 for possessing marijuana under certain circumstances **to a maximum of life in prison** for operating as a major trafficker.

<https://www.cga.ct.gov/2015/rpt/2015-R-0304.htm>

Possession and Distribution of Other Controlled Substances (methamphetamine, heroin, cocaine base, PCP, LSD, Fentanyl, Fentanyl analogue)

1. State Penal Law Sanctions for Possession and Sale (Degree depends upon substance, amount of substance, age of purchaser, and prior record)

- 7th Degree: Class A Misdemeanor 1 year imprisonment or less
- 5th Degree: Class D Felony 7 years imprisonment or less
- 4th Degree: Class C Felony 15 years imprisonment or less
- 3rd Degree: Class B Felony 6 to 25 years imprisonment
- 2nd Degree: Class A-II Felony 3 to 8 years to life imprisonment
- 1st Degree: Class A-I Felony 15 to 25 years to life imprisonment

AI First Offense

- 8-20 years in prison followed by 5 years post release supervision
- Probation is not permitted
- An Alternative Definite Sentence is not permitted
- Youthful Offender Adjudication is not permitted
- Shock Incarceration is not permitted
- Judicially ordered Shock Incarceration is not permitted
- CASAT sentence is permitted
- Judicial Diversion is not permitted

AI Prior Non-Violent Offense

- 12-24 years in prison followed by 5 years post release supervision

- Probation is not permitted
- An Alternative Definite Sentence is not permitted
- Youthful Offender Adjudication is not permitted
- Shock Incarceration is not permitted
- Judicially ordered Shock Incarceration is not permitted
- CASAT sentence is permitted
- Judicial Diversion is not permitted

AI Prior Violent Offense

- 15-30 years in prison followed by 5 years post release supervision
- Probation is not permitted
- An Alternative Definite Sentence is not permitted
- Youthful Offender Adjudication is not permitted
- Shock Incarceration is not permitted
- Judicially ordered Shock Incarceration is not permitted
- CASAT sentence is permitted
- Judicial Diversion is not permitted

All First Offense

- 3-10 years in prison followed by 5 years post release supervision
- Lifetime Probation is permitted
- An Alternative Definite Sentence is not permitted
- Youthful Offender Adjudication is not permitted
- Shock Incarceration is permitted
- Judicially ordered Shock Incarceration is permitted
- CASAT sentence is permitted
- Judicial Diversion is not permitted

All Prior Non-Violent Offense

- 6-14 years in prison followed by 5 years post release supervision
- Lifetime Probation is permitted
- An Alternative Definite Sentence is not permitted

- Youthful Offender Adjudication is not permitted
- Shock Incarceration is permitted
- Judicially ordered Shock Incarceration is permitted
- CASAT sentence is permitted
- Judicial Diversion is not permitted

All Prior Violent Offense

- 8-17 years in prison followed by 5 years post release supervision
- Lifetime Probation is permitted
- An Alternative Definite Sentence is not permitted
- Youthful Offender Adjudication is not permitted
- Shock Incarceration is permitted
- Judicially ordered Shock Incarceration is permitted
- CASAT sentence is permitted
- Judicial Diversion is not permitted

B First Offense

- 1-9 (2-9 if School Grounds or Sale to a Child) years in prison followed by 1-2 years post release supervision
- Probation is permitted
- An Alternative Definite Sentence of 1 year or less is permitted (not Sale to a Child)
- Youthful Offender Adjudication is permitted
- Parole Supervision sentence is permitted
- Shock Incarceration is permitted
- Judicially ordered Shock Incarceration is permitted
- CASAT sentence is permitted
- Judicial Diversion is permitted

B Prior Non-Violent Offense

- 2-12 years in prison followed by 1.5-3 years post release supervision
- Probation is permitted
- An Alternative Definite Sentence is not permitted
- Youthful Offender Adjudication is permitted

- Parole Supervision sentence is permitted
- Shock Incarceration is permitted
- Judicially ordered Shock Incarceration is permitted
- CASAT sentence is permitted
- Judicial Diversion is permitted

B Prior Violent Offense

- 6-15 years in prison followed by 1.5-3 years post release supervision
- Probation is not permitted
- An Alternative Definite Sentence is not permitted
- Youthful Offender Adjudication is permitted
- Parole Supervision sentence is permitted
- Shock Incarceration is not permitted
- Judicially ordered Shock Incarceration is not permitted
- CASAT sentence is permitted
- Judicial Diversion is not permitted

C First Offense

- 1-5.5 years in prison followed by 1-2 years post release supervision
- Probation is permitted
- An Alternative Definite Sentence of 1 year or less is permitted
- Youthful Offender Adjudication is permitted
- Parole Supervision sentence is not permitted
- Shock Incarceration is permitted
- Judicially ordered Shock Incarceration is permitted
- CASAT sentence is permitted
- Judicial Diversion is permitted

C Prior Non-Violent Offense

- 1.5-8 years in prison followed by 1.5-3 years post release supervision
- Probation is permitted
- An Alternative Definite Sentence of 1 year or less is permitted

- Youthful Offender Adjudication is not permitted
- Parole Supervision sentence is not permitted
- Shock Incarceration is permitted
- Judicially ordered Shock Incarceration is permitted
- CASAT sentence is permitted
- Judicial Diversion is permitted

C Prior Violent Offense

- 3.5-9 years in prison followed by 1.5-3 years post release supervision
- Probation is not permitted
- An Alternative Definite Sentence is not permitted
- Youthful Offender Adjudication is not permitted
- Parole Supervision sentence is not permitted
- Shock Incarceration is permitted
- Judicially ordered Shock Incarceration is permitted
- CASAT sentence is permitted
- Judicial Diversion is not permitted

D First Offense

- 1-2.5 years in prison followed by 1 year post release supervision
- Probation is permitted
- An Alternative Definite Sentence of 1 year or less is permitted
- Youthful Offender Adjudication is permitted
- Parole Supervision sentence is not permitted
- Shock Incarceration is permitted
- Judicially ordered Shock Incarceration is permitted
- CASAT sentence is permitted
- Judicial Diversion is permitted

D Prior Non-Violent Offense

- 1.5-4 years in prison followed by 1-2 year post release supervision
- Probation is permitted

- An Alternative Definite Sentence of 1 year or less is permitted
- Youthful Offender Adjudication is not permitted
- Parole Supervision sentence is permitted
- Shock Incarceration is permitted
- Judicially ordered Shock Incarceration is permitted
- CASAT sentence is permitted
- Judicial Diversion is permitted

D Prior Violent-Offense

- 2.5-4.5 years in prison followed by 1 year post release supervision
- Probation is not permitted
- An Alternative Definite Sentence is not permitted
- Youthful Offender Adjudication is permitted
- Parole Supervision sentence is not permitted
- Shock Incarceration is permitted
- Judicially ordered Shock Incarceration is permitted
- CASAT sentence is permitted
- Judicial Diversion is not permitted

E First Offense

- 1-1.5 years in prison followed by 1 year post release supervision
- Probation is permitted
- An Alternative Definite Sentence of 1 year is permitted
- Youthful Offender Adjudication is permitted
- Parole Supervision sentence is not permitted
- Shock Incarceration is permitted
- Judicially ordered Shock Incarceration is permitted
- CASAT sentence is permitted
- Judicial Diversion is permitted

E Prior Non-Violent Offense

- 1.5-2 years in prison followed by 1-2 years post release supervision

- Probation is permitted
- An Alternative Definite Sentence of 1 year is permitted
- Youthful Offender Adjudication is not permitted
- Parole Supervision sentence is not permitted
- Shock Incarceration is permitted
- Judicially ordered Shock Incarceration is permitted
- CASAT sentence is permitted
- Judicial Diversion is permitted

E Prior Violent Offense

- 2-2.5 years in prison followed by 1-2 years post release supervision
- Probation is not permitted
- An Alternative Definite Sentence is not permitted
- Youthful Offender Adjudication is not permitted
- Parole Supervision sentence is not permitted
- Shock Incarceration is permitted
- Judicially ordered Shock Incarceration is permitted
- CASAT sentence is permitted
- Judicial Diversion is not permitted

Additional Information:

<https://www.nysenate.gov/legislation/laws/PBH/A33>

<https://www.op.nysed.gov/releases/advisory-notice/changes-controlled-substance-schedules-section-3306-new-york-state-public>

APPENDIX C

LOCAL SELF-HELP MEETINGS

- **Alcoholic Anonymous**

<http://www.aa.org>

- **Oficina Central Hispana De A.A.**

<http://www.oficinacentralhispanany.org>

Telephone: (212) 348-2644

- **Adult Children of Alcoholics**

<http://www.adultchildren.org/>

Adult Children of Alcoholics is an anonymous Twelve Step program of women and men who grew up in an alcoholic or otherwise dysfunctional homes.

- **AI-Anon Family Intergroup of Greater New York**

<http://www.nycalanon.org/>

The AI-Anon organization helps families and friends of alcoholics.

Telephone: (212) 941-0094

- **New York Nar-Anon**

<https://www.nynaranon.org/>

The Nar-Anon organization helps families and friends of drug addicted persons.

Telephone: 1-866-378-3510

- **Suicide Prevention**

<http://www.suicidepreventionlifeline.org>

Telephone: 988

- **Information for Veterans**

<http://www.benefits.va.gov/benefits>

– Benefits: 1-800-827-1000

- Call Center for Homeless Vets: 1-877-424-3838
- Medical Centers: 1-800-827-1000
- Persian Gulf War Helpline: 1-800-749-8387
- Locate the closest VAMC or VA Regional Office: 1-877-222-8387

- National Coalition for Homeless Veterans

<http://www.nchv.org/>

1-800-838-4357 -800-VET-HELP)

- Focus on Recovery Helpline (alcohol/drugs)

1-800-374-2800

1-800-234-1253

- National AIDS Hotline

1-800-CDC-INFO (232-4636)

- National Suicide Prevention Lifeline

1-800-SUICIDE (784-2433)

- Department of Health and Human Services Drug and Alcohol Treatment Referral Routing Service

1-800-662-4357

- National Alliance for the Mentally Ill

1-800-950-6264

- Mental Health America

1-800-969-NMH

APPENDIX D

LEARNING RESOURCES:

- Alcohol Use Screening Tool

<https://www.cdc.gov/alcohol/checkyourdrinking/index.html>

- Alcohol Use and Pregnancy

<https://www.cdc.gov/ncbddd/fasd/index.html>

- Alcohol Use and Your Health - English Version

<https://www.cdc.gov/alcohol/pdfs/alcoholyourhealth.pdf>

- El consumo de alcohol y su salud

<https://www.cdc.gov/alcohol/spanish/pdf/el-consumo-alcohol-y-su-salud.pdf>

- Piénselo Antes de Beber: El Alcohol y su Salud

https://www.niaaa.nih.gov/sites/default/files/publications/Rethinking_Drinking_Spanish.pdf

- New York State Sobering Facts

<https://www.cdc.gov/transportationsafety/pdf/impaired-driving-new/CDC-impaired-driving-fact-sheet-NewYork.pdf>

- Alcohol Portal

<https://www.cdc.gov/alcoholportal/>