



Drug & Alcohol Abuse Prevention Program

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Drug and Alcohol Abuse Prevention Program

Introduction

Nelson University is committed to maintaining an alcohol and drug free campus. Nelson deeply cares for the well-being, health and safety of our students and staff members and is committed to educating students and staff about the physical and spiritual dangers of the use and abuse of alcohol and other drugs. This is represented by our core value of Community and Personal Wellness. Part of our commitment to students and staff is to help ensure they are safe from and completely avoid the harmful and negative effects of alcohol and drug abuse. All institutions of higher education are required to create a drug and alcohol abuse prevention program. This program is required to do the following:

1. Annually notify each employee and student, in writing, of standards of conduct; a description of appropriate sanctions for violation of federal, state, and local law and campus policy; a description of health risks associated with alcohol and other drugs use; and a description of available treatment programs.
2. Develop a sound method for distributing annual notification information to every student and staff member each year.
3. Prepare a biennial report on the effectiveness of its Drug and Alcohol Abuse Prevention program and the consistency of sanction enforcement.

The following information is intended not only to meet this federal requirement but also make all students and staff aware of Nelson's expectations in regards to alcohol and other drugs, encourage complete abstinence and assist anyone struggling with these harmful substances.

Annual Notification to Students and Employees

Nelson will notify all students and employees through Nelson email accounts of this Drug and Alcohol Abuse Prevention Program following late registration each fall semester. The notification will be sent by October 1 of each year. Because all students (including applicants) and staff members are provided a university issued email account and are expected to access Nelson email on a regular basis, providing the Drug and Alcohol Abuse Prevention Program through email is the most efficient, effective and all-inclusive method of communication. In addition, new employees will be provided a copy of the program during or following their new employee orientation. The full program is also available on Nelson's website at <http://www.nelson.edu/financial-aid/policies-and-disclosures/drug-alcohol-abuse-prevention-program> and is available for viewing online at any time to students, staff, parents, prospective students and the general public.

Standards of Conduct and Policies

Nelson, in accordance with high Christian standards of living, is committed to maintaining a drug free environment. In support of the Drug-Free Workplace Act of 1988 and the Drug-Free Schools and Communities Act of 1989, Nelson has adopted the following policy statement as conditions of enrollment and/or employment:

1. A thorough review of Scripture reveals stern warning against intoxicating drink and a call to separation from such drink. The spirit and intent of Scripture emphasize the consequences of recreational consumption of alcohol. Students and employees are prohibited from possessing or drinking alcohol or attending bars (places where the primary function is serving alcohol).
2. As a condition of enrollment/employment, the unlawful manufacture, distribution, dispensing, possession or use of illicit drugs and alcohol is prohibited at any time.
3. The University will comply with all applicable legal sanctions under local, state and federal law for unlawful possession, use, or distribution of illicit drugs and alcohol.
4. Students/employees are required to notify Campus Security, Dorm Pastor, Dean of Students, or supervisor respectively of any known criminal drug statute conviction or violation occurring at the University immediately upon knowledge of such conviction or violation.

Furthermore, Nelson realizes the heightened dangers in some social settings off campus and thus does not permit students to attend establishments such as dance clubs, bars, and private parties where the principal purpose is known to be the sale and/or consumption of alcoholic beverages. The history of activities associated with these establishments (such as alcohol abuse, underage drinking, and drunkenness) is counter to our Christian values and lifestyle. The life choices and decisions that students make extend far beyond the college experience, and Nelson is committed to challenging students to make decisions that ultimately glorify God.

In accordance with our educational mission, and for the well-being of our students and the Nelson community, the University has established the following policies related to alcohol and other drugs:

1. The possession, consumption, or distribution of alcoholic beverages and illegal drugs on campus (including all residence halls) is strictly prohibited. Moreover, any student present where alcohol is found on campus (including but not limited to residence halls or apartment rooms, vehicles, or in personal belongings) may be subject to sanctions.
2. Alcohol is prohibited at all University-sponsored events (including off campus events).
3. Any officially recognized student club or organization (regardless of legal drinking age of its members) is prohibited from hosting or participating in any formal group event (on or off-campus) that involves alcohol. Such groups include, but are not limited to: special interest groups, social clubs, athletic and intramural teams, and Spring Break Campaigns, etc. Any Nelson-provided channels of communication may not be used to promote or advertise any event (on or off campus) that involves alcohol.
4. Intoxicated students coming on campus or at a University-sponsored event will be sanctioned. For the purposes of Nelson's student conduct policy and process, intoxication will be defined as any disruptive, destructive, hazardous, vulgar, or uncontrolled behavior during or following the consumption of alcoholic beverages or illegal drugs.

5. Alcohol paraphernalia (such as glassware commonly used to serve alcoholic beverages; empty beer bottles or cans; posters, clothing, or signs promoting alcohol, etc.) is not permitted on campus.
6. Local neighborhood disturbances of the peace caused by Nelson students may result in disciplinary action. Where alcohol or illegal drugs are involved, additional or further sanctions may apply. For the purposes of Nelson's student conduct policy and process, a disturbance involving alcohol will be defined as an event in which alcohol or other drugs is present and one or more of the following occur: the student(s) fail(s) to maintain control of the event, complaints are reported, and/or police respond to the scene.
7. All students must abide by Texas law related to the possession, consumption, and distribution of alcohol. Specifically, Texas law prohibits:
 - The purchase, possession, or consumption of alcoholic beverages by a person under 21 years of age (Texas Alcohol Beverage Code Sec. 106.02, 106.04-106.05, 106.071);
 - Being intoxicated in public to the degree that one poses a danger to him/herself or to others (Texas Penal Code Sec. 49.02);
 - Furnishing alcohol to a minor (Texas Alcohol Beverage Code Sec. 106.06). For the purposes of this policy, Nelson defines furnishing as purchasing for, giving to, or making alcoholic beverages available to a minor. This includes, but is not limited to, creating a situation where there is a risk a minor may be provided with or obtain alcohol.
 - Driving while intoxicated (Texas Penal Code Sec. 49.04).
 - Driving under the influence of alcohol by a minor (TABC Code 106.041). Per Texas Law, any detectable amount of alcohol in the minor's system (such as alcohol emitting from the person's breath) is defined as driving under the influence

Sanctions for Violation of Federal/State/Local Law and Campus Policy

1. Nelson will impose disciplinary actions on students and employees for violations of the University's code of conduct and policies related to the use and abuse of alcohol and other drugs. These sanctions are described below.
2. All students found in violation of Nelson drug and alcohol policies and standards of conduct will be referred to the office of Residential Life, and employees will be referred to the Human Resources Office.
3. The penalty for violation of any of Nelson's policies and standards of conduct may be termination from enrollment/employment.
4. All students/employees are subject to federal, state and local laws. Violators are subject to university disciplinary action and/or criminal prosecution.

Federal Law:

- According to state and federal laws, a person convicted of certain misdemeanor or felony offenses may forfeit certain civil rights, including his/her right to vote, hold public office, purchase or possess firearms, or obtain or maintain certain licenses for a specified period of time. (United States Code Sec. 1973gg-6, United States Code Sec. 992 (g)).

- 21 U. S. C. 841 makes it a crime (a) to manufacture, distribute, or dispense, or possess with intent to manufacture, distribute, or dispense, a controlled substance; or (b) to create, distribute, or dispense, or possess with intent to distribute or dispense, a counterfeit substance.
- Possession of a controlled substance is defined in 21 U.S. C. 844(a) is defined as knowingly or intentionally possesses a controlled substance unless such substance was obtained directly or pursuant to a valid prescription or order, from a practitioner. Punishable by up to 1 year imprisonment and/or a minimum fine of \$1,000. Note: Possession of Flunitrazepam (also known as Rohypnol) may be punishable by up to 3 years imprisonment.
- The Controlled Substances Act places all substances which are in some manner regulated into one of five schedules. The CSA provides penalties for unlawful manufacturing, distribution, and dispensing of controlled substances.
- The U. S. Code establishes and authorizes the U. S. Attorney General to revise as needed, classifications of controlled substances. Schedule I is comprised essentially of “street drugs” and Schedule V is comprised of drugs with a “low potential for abuse” when compared with drugs in schedules I-IV. Examples of Schedule I drugs are heroin and marijuana. PCP, for example, is a Schedule II drug. Amphetamine is a Schedule III drug, while Barbitol is a Schedule IV drug. An example of a Schedule V drug would be a prescription medication with not more than 200 mg. of codeine per 100 grams.
 - The penalties are determined by the schedule of the drug or other substance, and sometimes are specified by drug name, as in the case of marijuana.
 - Penalties for first offenses include a fine up to \$10 million and/or a prison term up to life, but no less than 1 year.
- For the Drug Enforcement Agency’s complete list of Federal Trafficking Penalties for Schedules I-V, please see: <https://www.dea.gov/sites/default/files/2021-12/Trafficking%20Penalties.pdf>

NOTE: Penalties for subsequent violations of the above-described provisions are progressively more severe than the initial convictions. Penalties, laws, and statutes may change without notice. This list is not intended to be comprehensive. For a complete list of drug and alcohol related offenses, please contact the appropriate law enforcement agency.

State Law:

Applicable Texas state laws and legal sanctions that apply to illegal alcohol and drug use, possession or distribution include, but are not limited to:

- Public Intoxication is defined as being intoxicated in public to the degree that one poses a danger to him/herself or to others. Class C Misdemeanor punishable by a fine up to \$500 and/or subject to arrest. (Texas Penal Code Sec. 49.02)
- Possession of Alcoholic Beverage in Motor Vehicle is defined as possessing an opened container of alcohol in a motor vehicle regardless of whether the vehicle is being operated or is stopped or parked. Class C Misdemeanor punishable by a fine up to \$500. (Texas Penal Code 49.031)

- Driving While Intoxicated is a Class B Misdemeanor punishable by a fine up to \$2,000 and/or 180 days in jail. (Texas Penal Code Sec. 49.04)
- The Texas Penal Code defines intoxication as “not having the normal use of mental or physical faculties by reason of the introduction of alcohol, a controlled substance, a drug” or any combination of substances. Therefore, drug consumption and intoxication laws under the Texas Penal Code may overlap with alcohol offenses.
- A person commits an offense if the person appears in a public place while intoxicated to the degree that the person may endanger the person or another. (Texas Penal Code 49.02)
- A person commits an offense if the person knowingly possesses an open container in a passenger area of a motor vehicle that is located on a public highway, regardless of whether the vehicle is being operated or is stopped or parked. Possession by a person of one or more open containers in a single criminal episode is a single offense. (Texas Penal Code 49.031)
- A person commits an offense if the person is intoxicated while operating a motor vehicle in a public place. (Texas Penal code 49.04)
 - Note that a person may also be convicted of offenses if intoxicated while operating a plane, driving with a minor in the vehicle, or boating. (Texas Penal code 49.045-.06)
 - Punishable with a minimum term of confinement of 30 days.
- A person commits an offense if the person, by accident or mistake while operating an aircraft, watercraft, or amusement ride while intoxicated, or while operating a motor vehicle in a public place while intoxicated, by reason of that intoxication causes serious bodily injury to another. (Texas Penal Code 49.07)
- A person commits an offense if the person: (1) operates a motor vehicle in a public place, operates an aircraft, a watercraft, or an amusement ride, or assembles a mobile amusement ride; and (2) is intoxicated and by reason of that intoxication causes the death of another by accident or mistake. (Texas Penal Code 49.08)
- A minor commits an offense if the minor purchases or attempts to purchase an alcoholic beverage. (Texas Alcoholic Beverage Code 106.02-.025)
 - The offense is punishable by a fine of not less than \$250; confinement in jail for a term not to exceed 180 days; or both the fine and confinement. The court may also mandate community service and suspend the driver’s license of the convicted individual. Additionally, the court may mandate attendance at an alcohol awareness course.
- A minor commits an offense if he consumes an alcoholic beverage. (Texas Alcoholic Beverage Code 106.04)
 - The offense is punishable by a fine of not less than \$250; confinement in jail for a term not to exceed 180 days; or both the fine and confinement. The court may also mandate community service and suspend the driver’s license of the convicted individual. Additionally, the court may mandate attendance at an alcohol awareness course.
- A minor commits an offense if the minor operates a motor vehicle in a public place, or a watercraft, while having any detectable amount of alcohol in the minor’s system. (Texas Alcoholic Beverage Code 106.041)
 - The offense is punishable by a fine of not less than \$500 or more than \$2,000; confinement in jail for a term not to exceed 180 days; or both the fine and confinement. In addition, the court shall order community service to be performed.

- A minor commits an offense if he possesses an alcoholic beverage. (Texas Alcoholic Beverage Code 106.05)
 - The offense is punishable by a fine of not less than \$250; confinement in jail for a term not to exceed 180 days; or both the fine and confinement. The court may also mandate community service and suspend the driver's license of the convicted individual. Additionally, the court may mandate attendance at an alcohol awareness course.
- A person commits an offense if he purchases an alcoholic beverage for or gives or makes available an alcoholic beverage to a minor with criminal negligence. (Texas Alcoholic Beverage Code 106.06)
 - The offense is punishable by a fine of not less than \$250; confinement in jail for a term not to exceed 180 days; or both the fine and confinement. The court may also mandate community service and suspend the driver's license of the convicted individual. Additionally, the court may mandate attendance at an alcohol awareness course.
- A minor commits an offense if he falsely states that he is 21 years of age or older or presents any document that indicates he is 21 years of age or older to a person engaged in selling or serving alcoholic beverages. (Texas Alcoholic Beverage Code 106.07)
 - The offense is punishable by a fine of not less than \$250; confinement in jail for a term not to exceed 180 days; or both the fine and confinement. The court may also mandate community service and suspend the driver's license of the convicted individual. Additionally, the court may mandate attendance at an alcohol awareness course.
- The manufacture, delivery, or possession of a controlled substance (as defined by the Texas Controlled Substances Act) in the State of Texas is a crime and punishable by a fine up to \$250,000 and/or prison term of life or not more than 99 years. (Tex. Health & Safety Code 481.112-.119)
- Possession of a Controlled Substance is defined as knowingly or intentionally possessing a controlled substance without a valid prescription. The minimum penalty (depending on amount) includes a Class B Misdemeanor punishable by a fine up to \$2,000 and/or 180 days in jail. (Texas Penal Code Sec. 481.115, 481.116, 481.117, 481.118)
- A person commits an offense if the person knowingly or intentionally delivers marijuana.
 - Such offense is punishable by a fine up to \$100,000 and/or prison term of life or not more than 99 years. (Tex. Health & Safety Code 481.120)
- A person commits an offense if the person knowingly or intentionally possesses a usable quantity of marijuana.
 - This offense is punishable by imprisonment for life or for a term of not more than 99 years or less than 5 years, and a fine not to exceed \$50,000. (Tex. Health & Safety Code 481.121)
- A person commits an offense if the person knowingly delivers a controlled substance listed in Penalty Group 1, 1-A, 2, or 3 (of the Texas Controlled Substances Act) or knowingly delivers marijuana and the person delivers the controlled substance or marijuana to a person who is a child or who is enrolled in a public or private primary or secondary school.
 - This offense is punishable as a felony in the second degree. (Tex. Health & Safety Code 481.122)

- Drug related offenses have increased penalties if the offense occurs in a “drug free zone.” Drug free zones include institutions of higher education, youth centers, schools (and other facilities) and the areas surrounding such locations.
 - Penalties include fines that may be doubled and minimum jail terms that may be raised. (Tex. Health & Safety Code 481.134)
- Offenses that occur within 1,000 feet of property owned by an institution of higher learning may be punishable to stricter criminal sanctions.

For more information on specific state codes, including the Texas Penal Code, Texas Alcoholic Beverage Code, and the Texas Health and Safety Code, visit: <https://texas.public.law>

Local Law:

Applicable local city of Waxahachie ordinances and sanctions include, but are not limited to:

- Drunkenness is defined as whoever shall get drunk or be found in a state of intoxication in any public place, or at any private house except his own, shall be fined not exceeding \$100.00. (Chap. 4 Sec. 4-1)
- It shall be unlawful for any person to consume any alcoholic beverage while on any street, sidewalk or other public way in the city. (Chap. 4 Sec. 4-2)
- It shall be unlawful for any person under the age of twenty-one (21) years to possess or consume any alcoholic beverage in any public place unless at the time of such possession or consumption such a person is accompanied by his parent, guardian, adult husband or adult wife who is actually, visibly and personally present at the time such an alcoholic beverage is possessed or consumed by such person under the age of twenty-one (21). Any person convicted of violating the provisions of this section shall be fined not less than twenty-five dollars (\$25.00), nor more than two hundred dollars (\$200.00). (Chap 4. Sec. 4-4)
- It shall be unlawful for any person to bring or carry into any enclosure, field or stadium, where athletic events sponsored or participated in by any public school are being held, any alcoholic beverage or to have any alcoholic beverage in his possession while in or on such enclosure, field or stadium. (Chap. 4 Sec. 4-5)

Sanctions Regarding University Policies on Alcohol and Drugs:

- Nelson will impose disciplinary actions on students and employees for violations of the University’s code of conduct and policies related to the use and abuse of alcohol and other drugs. These sanctions are described below.
- Students found in violation of Nelson policies and standards of conduct will be assessed the full range of disciplinary action which could include probation or expulsion of enrollment.
- Employees found in violation of Nelson policies and standards of conduct will be assessed the full range of disciplinary action including up to discharge.
- The possession, consumption, or distribution of alcoholic beverages on campus (including all Nelson residence halls) is strictly prohibited.
- Alcohol is prohibited at all University-sponsored events (including off-campus events).

- Intoxicated employees coming to work, onto campus or to a University-sponsored event will receive disciplinary action including up to discharge.
- Alcohol paraphernalia (such as glassware commonly used to serve alcoholic beverages; empty beer bottles or cans; posters, clothing, or signs promoting alcohol, etc.) is not permitted on campus.
- Consuming alcoholic beverages in the presence of students, on or off campus, is not permitted.
- All employees must abide by Texas law related to the possession, consumption, and distribution of alcohol. (Refer to the section above entitled: State, Local and Federal Laws).

Non-Disciplinary Process for Employees Voluntarily Reporting Alcohol or Drug Use

In keeping with the redemptive nature of Nelson's disciplinary policy, employees who come forward voluntarily confessing a violation of the university policies or an addictive lifestyle (such as using illegal drugs and controlled substances, or alcohol use or abuse) may be afforded an opportunity to submit to a range of possibilities outside the disciplinary process.

Health Risks Associated with the Use of Alcohol and Other Drugs

The following is a summary of known health risks associated with the use of illicit drugs and the abuse of alcohol.

A general concern for all substances that alter self-control or level of awareness is the risk of exposure to physical risks such as sexually transmitted infections, sexual assault, and dangerous decision making such as choosing to drive while under the influence.

Effects of Alcohol Abuse

Acute: Alcohol consumption causes a number of marked changes in behavior. Even low doses significantly impair the judgment and coordination required to drive a car safely, increasing the risk that the driver will be involved in an accident. Motor vehicle and other types of accidents are the leading cause of death among individuals aged fifteen to twenty-four years. Most are related to drinking and driving. Poor decisions and aggressive acts such as sexual assault are almost always associated with alcohol use. Studies suggest that low to moderate levels of alcohol also increase the incidence of a variety of aggressive acts, including spouse and child abuse.

Moderate to high doses of alcohol cause marked impairments in higher mental functions, severely altering a person's ability to problem solve, to process information and to remember information. Very high doses cause respiratory depression and death. If combined with other depressants of the central nervous system such as benzodiazepines, much lower doses of alcohol will produce the effects just described.

Chronic: Repeated, long-term use of alcohol can lead to physical dependence. Sudden cessation of alcohol intake in chronic users is likely to produce withdrawal symptoms, including severe anxiety, tremors, hallucinations, and seizures. Alcohol withdrawal can be life-threatening. Long-term consumption of large quantities of alcohol, particularly when combined with poor nutrition,

can also lead to permanent damage to vital organs such as the brain and the liver. Some studies suggest that brain cells are actually permanently lost (killed) by high levels of alcohol.

Women who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants may have abnormalities such as deficits in impulse control, and impaired concentrating, affecting academic performance, and be at risk for irreversible physical abnormalities and mental retardation. In addition, research indicates that children of alcoholic parents are at greater risk than other youngsters of becoming alcoholics.

Effects of Other Drugs

The National Institute on Drug Abuse website at <http://www.drugabuse.gov/> features a page on the health effects of a number of drugs. To assist the public in keeping current on drug related issues, the NIDA website also features a page on emerging drugs.

Illegal (Non-prescribed) Drugs:

Marijuana: Marijuana and related compounds are usually used for their “relaxation” effects or to produce an altered sense of reality, a “high.” In higher doses, marijuana can increase anxiety due to interaction with brain receptors for cannabis. Marijuana is usually smoked, and like tobacco, it is very toxic to the lungs. There is evidence that early use of marijuana puts the user at increased risk for development of major psychiatric disorders that may include psychosis, altering the lives of individuals significantly. This is a risk that cannot be predicted in advance for individual brains. Chronic use may negatively affect motivation to learn, or to engage in usual activities. Disorders of memory (loss) and of mood often occur in chronic users.

Herbal Incense, Chaos, and Spice (Synthetic Cannabis/Marijuana-like): These products can be dangerous and produce a psychotic-like reaction with hallucinations.

Cocaine (stimulant): Cocaine, crack, and related forms are usually used for stimulation and to produce a sense of euphoria. All forms of cocaine are highly addictive, producing a habit that is extremely difficult to stop. In some individuals, cocaine may produce fatal cardiac rhythm disturbances. Cocaine use affects the dopamine system of the brain and can lead to severe mood dysregulation and at times psychotic level of thinking. This can result in dangerous behavior leading to safety risks for both the user and others in the environment. Chronic cocaine use negatively affects concentration and memory.

Amphetamines (stimulants): Amphetamines, and their new derivatives “crystal,” “ice,” and Ecstasy, are used for stimulation. These compounds are very addictive and may produce psychotic and violent behaviors.

- **Ecstasy and “Molly”** (possibly a purer form of ecstasy) or **MDMA** is a drug of the phenethylamine and amphetamine class. Both drugs are used to induce euphoria, diminish anxiety and possibly increase a sense of intimacy. These drugs can cause fatal cardiac arrhythmias, or lead to severe mood dysregulation and psychosis.

- **Bath salts (Purple Wave, Vanilla Sky, or Bliss):** These synthetic powder products contain various amphetamine-like chemicals. Many side effects have been reported varying from agitation, high blood pressure, increased pulse, chest pain, to hallucinations and suicide.

LSD and PCP (hallucinogens): These chemicals are used to produce “altered states” to escape reality. In changing perceptions, these drugs can result in very poor decision making which can lead to accident or death. They can cause psychosis in some individuals. PCP is notable for the effects on mood, potentially leading to severe agitation and aggression. Individuals with a PCP psychosis can be aggressive and full of rage, increasing risk of danger both to the individual and those in the environment. The negative effects of PCP may continue after the drug is out of the system.

Heroin (narcotics): These are among some of the most addictive substances known. They produce a high or euphoria. Withdrawal can produce seizures or even coma. Overdose is common and can result in death. Needle-drug users are in a high-risk group for infection with human immunodeficiency virus, the precursor of AIDS.

Prescription Drugs:

Many medications and prescribed drugs have the potential for abuse. Those listed below are some of the most abused, addictive and dangerous.

- **Adderall, Concerta, Ritalin,** etc. are stimulants and controlled by the Drug Enforcement Agency (DEA). These drugs are often prescribed for students who have been diagnosed with Attention Deficit Disorder (ADD) or ADHD. They are, however, used by some individuals who have do not have ADHD to increase alertness or recreationally for a “high.” Studies do not show improved academic performance when these stimulants are taken by students without ADHD. The risk from misuse of these drugs ranges from lack of sleep and weight loss to the more severe risk of psychosis with severely disorganized thinking. Individuals who develop psychosis have very poor insight and judgment and so continue to use the drugs in excess. For individuals abusing these stimulants, abrupt withdrawal may lead to significant mood changes including severe depression with a risk of self-harm.
- **Codeine, Hydrocodone (Lortab and Vicodin), and Oxycodone (Percocet and OxyContin)** are medications that are prescribed for severe pain. All these drugs can be addictive and may be abused for feeling anxious, sedation, falling asleep or to get a “buzz” or “high.” Addiction to pain medications is common and withdrawal can be very difficult to manage.
- **Xanax, Valium, and other benzodiazepine** drugs are prescribed for acute anxiety and panic attacks. Use of all benzodiazepine compounds can lead to psychological and physiological dependence. Symptoms associated with withdrawal from these drugs can be severe and include seizures. **Barbiturates** are also sedative medications that can be addictive. Barbiturates are no longer commonly prescribed, but are potentially addictive. As with all sedatives, withdrawal symptoms can be dangerous and severe. Combination of these drugs with other central nervous system depressants can be dangerous.

How can you help prevent prescription drug abuse?

- Ask your doctor or pharmacist about your medication, especially if you are unsure about its effects.
- Keep your doctor informed about all medications you are taking, including over-the-counter medications.
- Read the information your pharmacist provides before starting to take medications.
- Take your medication(s) as prescribed.
- Keep all prescription medications secured at all times and properly dispose of any unused medications.
- Do not share your medications with others, or consume medications prescribed for others.

If you have concerns or questions regarding the use and/or abuse of these prescription medications or others, ask for professional advice.

Warning Signs of Possible Drug and Alcohol Abuse

- Withdrawal from social situations
- Increased boredom or drowsiness
- Change in personal appearance (increasingly unkempt or sloppy)
- Change in friends
- Easily discouraged; defeatist attitude
- Low frustration tolerance (outbursts)
- Violent behavior and vandalism
- Terse replies to questions or conversation
- Sad or forlorn expression
- Lying
- Poor classroom attendance
- Dropping grades or poor work
- Apathy or loss of interest
- Change in sleep pattern ranging from excessive sleep to inability to sleep
- Frequent excuses for absences from planned activities

When such signs appear in friends...

DO:

- Express your concern and caring
- Be ready to listen
- Communicate your desire to help
- Make concrete suggestions as to where the student can find help or how he or she might cope with a given problem
- Try to get the student to seek professional help
- Ask for assistance from campus resources
- Be persistent
- Understand the definition of friendship to include making difficult decisions that may anger your friends

DON'T:

- Take the situation lightly or as a joke
- Be offended if the student tries to “put you off”
- Take “I don’t have a problem” as an answer
- Try to handle the student alone-ask for assistance
- Lecture about right and wrong
- Promote guilt feelings about grades or anything else
- Gossip: speak of it only to those who can help
- Excuse behavior because “everybody does it”

Available Resources and Treatment Programs

As an educational institution, Nelson is focused on helping students and employees develop as a whole person, not just academically. When health problems do arise, the University may assist and guide a student whose mental or physical health is threatened. There are definite health hazards associated with binge drinking and other forms of alcohol abuse. As such, students and employees are expected to abstain completely from all forms of alcohol and illegal drugs. Should students or their friends have a problem with alcohol or other drugs, there are several places on campus where they can receive assistance:

- The Resident Assistant (RA), Head RA, and Dorm Pastor are available to listen to students with such problems and make a referral if necessary.
- The Counseling Center is available for counseling, assessment, treatment and referral as needed.

These campus and community resources are available and ready to assist.

- Your Resident Assistant (RA) and Head RA
- Your Dorm Pastor
- Your Academic Dean
- Your own physician/psychiatrist/psychologist
- Nelson Counseling Services: Visit <http://www.nelson.edu/services/counseling-services>, email counseling@nelson.edu or call (972)825-4721
- Residential Life Office: Call (972)825-4683
- Student Development: Call (972)825-4802
- Baylor Scott and White Medical Center: 2400 North Interstate 35 East Service Road, Waxahachie, TX 75165. Call (972)935-9095
- Celebrate Recovery—A Christ Centered Recovery Program: Visit <https://locator.crgroups.info/> and search for a meeting location near you.
- Alcoholics Anonymous (AA): Visit <http://www.aa.org/> and search for a meeting location near you
- Narcotics Anonymous (NA): Visit <http://www.na.org/meetingsearch/> and search for a meeting location near you

American Indian College (AIC) Campus Resources:

Students on the AIC campus can access these additional resources...

- Phoenix Indian Health Service: Call (602)364-5300 or visit <http://www.ihs.gov/phoenix/>.
- Camelback Counseling Services (Crisis Center): Call (602)888-7890
- St. Luke's Medical Center: Call (602)251-8100 or visit <https://www.stlukesbehavioralhealth.org/>.

Nelson University's Practical Programs

Below is the list of practical programs offered to assist the campus community with the prevention of drug and alcohol abuse:

- Security and Safety Services speaks in all Strategies for Student Success (S3) courses each semester (fall and spring) and addresses the importance of avoiding the use of drugs and alcohol. The S3 course is designed for all new undergraduate on campus students.
- Security and Safety Services hosts a Safety Month in September. During this focus, they highlight the importance of avoiding the use of drugs and alcohol.
- The Residential Life Office hosts a Dorm Orientation each semester in which all on campus students are required to attend. They discuss the necessity to avoid the use of drugs and alcohol.
- The Residential Life Office coordinates a leadership retreat every fall semester. Leaders and potential leaders on campus are equipped with leadership skills needed to assist students. These skills include the ability to help someone struggling with drugs and alcohol.
- The Residential Life Office administers Title IX/Hazing Training that all student leaders have to complete. This training includes information about the prevention of using drugs and alcohol.
- The Human Resources Office conducts a New Employee Orientation. In the orientation, all new employees are given information regarding the requirement to avoid the use of drugs and alcohol.

Biennial Review

Federal Drug-Free Schools and Campuses Regulations also require institutions of higher education to conduct a biennial review of their alcohol and other drugs programs and policies to determine program effectiveness and consistency of policy enforcement and to identify and implement any changes needed to either. The required review has two objectives:

1. To determine the effectiveness of, and to implement any needed changes to, Nelson's Drug and Alcohol Abuse Prevention Program.
2. To ensure that Nelson enforces the disciplinary sanctions for violating standards of conduct consistently.

Nelson will perform a review every two years. Each report will review the Drug and Alcohol Abuse Prevention Program's effectiveness for the previous two academic years.

Research Methods and Data Analysis Tools for Biennial Review

Nelson will use a variety of methods and tools to conduct the biennial review of its Drug and Alcohol Abuse Prevention Program. Each institution of higher education faces its own unique set of challenges in regards to the prevention of drug and alcohol abuse. The details of each institution's review can and should adjust to strategically address the specific alcohol and other drug issues faced by their students.

The various methods and tools used for the biennial review can include but are not limited to the following:

- Campus surveys including students and employees
- Interviews with students and employees
- Residential Life Office records regarding incidents that reported the use or abuse of alcohol and other drugs including sanctions and disciplinary action taken
- Security and Safety Office records regarding incidents that reported the use or abuse of alcohol and other drugs including any available information from local law enforcement
- Evaluation of any specific programs used to assist with the prevention of drug and alcohol use and abuse that were implemented or administered during the academic years being evaluated by the biennial review

Responsible Offices and Officials for Biennial Review

Nelson's commitment to a drug and alcohol-free University is a campus wide effort. In conjunction with other offices and individuals across campus, the following offices and officials work together to produce the biennial review and submit to the President's Cabinet for approval.

<i>Responsible Office</i>	<i>Responsible Individual</i>
Financial Aid Office	Senior Director of Financial Aid
Residential Life Office	Dean of Students
Security and Safety Services	Director of Security & Safety Services

Approval of Biennial Review

Nelson's biennial review of its Drug and Alcohol Abuse Prevention Program is evaluated and approved by the President's Cabinet.

Availability of Biennial Review

Nelson's biennial review is available to students, applicants, parents, employees and the general public. Any interested party can request a copy of the biennial review by contacting the Financial Aid Office at financialaid@nelson.edu or (972)825-4730.

Contact Information for Additional Questions

Students, parents, employees or any other interested party that would like additional information regarding Nelson's efforts to maintain a drug and alcohol-free campus should contact the Dean of Students at (972)825-4683.