

UMKC DRUG AND ALCOHOL PREVENTION PROGRAM

Pursuant to the Drug-Free Schools and Communities Act Amendments of 1989, the University of Missouri is required to establish a drug-and-alcohol-prevention program for its students and employees. The University of Missouri program includes education and information about the dangers of drugs and alcohol abuse in the workplace and within the campus community; programs that address unlawful controlled substance and alcohol use and high-risk use, including personnel actions that may result from such violations; self-referrals, as well as supervisory referrals, to drug and alcohol counseling and rehabilitation programs available through the Employee Assistance Program, the UMKC Counseling Services, and/or community agencies. A biennial review of this program will be done to determine its effectiveness, to implement changes to the program if they are needed, and to ensure that the University's disciplinary sanctions described are consistently enforced.

Standards of Conduct. University of Missouri regulations prohibit the unlawful possession, use, distribution, and sale of alcohol and illicit drugs by University students and their guests and by employees on University-owned or controlled property and at University-sponsored or supervised activities including school-related events or professional meetings requiring travel. The [UM Student Standard of Conduct](#) applies to all students and student organizations, fraternities, and sororities even though they are not on University-controlled property. Employees should refer to the [UM Human Resources Manual Drug/Alcohol Abuse in the Workplace](#).

Disciplinary Sanctions. The UM Student Standard of Conduct will be adjudicated in the Office of Student Conduct and Civility. Students and student organizations found to be in violation may have one or more sanction imposed. The procedures and possible sanctions are described in the [UM Rules of Procedures in Student or Student Organization Conduct Matters](#).

Legal Sanctions. Violation of these University regulations can result in disciplinary action up to and including expulsion for students and discharge for employees. Conduct that can result in sanctions includes the manufacture, use, possession, sale, or distribution of alcohol and illicit drugs. Criminal penalties for violation of such laws range from fines up to \$20,000 to imprisonment for terms up to and including life. Changes in state law regarding marijuana or other controlled substances do not negate applicable federal laws.

Health Risks. Specific serious health risks are associated with the use of alcohol and illicit drugs. Some of the major risks are described in the chart below. Questions can be directed to Student Health and Wellness at 816-235-6133.

Drug	Class	Short-term Effects	Long-term Effects	Effects of Overdose	Dependence Risk
Alcohol	Depressant	Weakened immune system to fight off infections; cardiomyopathy; stroke; arrhythmias; high blood pressure; brain's communication pathways altering mood and behavior; short-term memory, thinking, and physical coordination impairment	Steatosis (fatty liver); alcoholic hepatitis; fibrosis; cirrhosis; pancreatitis; cancer specifically head and neck, esophageal, liver, breast, and colorectal; pneumonia; tuberculosis; cardiomyopathy; stroke; arrhythmias; high blood pressure	Mental confusion; unconsciousness; vomiting; seizures; breathing and heart rate decrease; clammy skin; blue tinted lips, fingers, and skin	Tolerance develops so that higher amounts are needed to cause the same sense of pleasure. Can develop dependence and addiction.
Cannabis Other common names: Marijuana, Blunt, Mary Jane, Pot, Weed, Grass, Hash, Hemp	Depressant/ hallucinogen	Sense of euphoria and relaxation; short-term memory, thinking, attention, and physical coordination impairment; impairs driving ability; interferes with judgment, attention span, concentration, and overall intellectual performance; anxiety	Mental illness, chronic respiratory infections, cough, and phlegm production; memory and learning function impairment; challenges maintaining attention. May cause psychological dependence, compromise the immune system, and Cannabinoid Hyperemesis Syndrome (nausea, vomiting, and extreme abdominal pain); increase heart disease and stroke risk; and small blood vessel damage	There are no reports of deaths from marijuana alone. Poisoning (slowed breathing, extremely drowsy, nausea and vomiting); anxiety, paranoia, and psychotic reaction that includes delusions and hallucinations can occur especially with high levels of THC	Dependence occurs with frequent use.
Barbiturates/ Benzodiazepines/	Depressant	Drowsiness; slowed breathing; concentration, physical coordination,	Unknown	Breathing slows or stops; decreased oxygen to the brain;	Long term use causes psychological dependence and

<p>Sleep medications</p> <p>Other common names: Pentobarbital, Xanax, Librium, Valium, Ativan, Halicon, Lunesta, Sonata, Ambien</p>		<p>and memory impairment; decreased blood pressure</p>		<p>coma; brain damage; death</p>	<p>tolerance.</p>
<p>Nicotine</p> <p>Other common names: Tobacco, vaping, cigarettes, e-cigs, cigars, hookahs, chew, snuff, snus</p>	<p>Stimulant</p>	<p>Sense of relaxation; breathing, heart rate, and blood pressure increase; fatigue; craving</p>	<p>Cancer especially lung and oral cancers; emphysema; chronic bronchitis; cataracts; pneumonia; heart disease; decrease of taste and smell</p>	<p>Nausea and vomiting; dizziness; sweating; tremors and seizures; death</p>	<p>Highly addictive.</p>
<p>Cocaine</p> <p>Other common names: Blow, coke, crack, C, rock, snow, candy</p>	<p>Stimulant</p>	<p>Sense of euphoria; blood pressure, heart rate, and body temperature increase; dilated pupils; headache; energy and alertness increase; insomnia; anxiety; psychosis; violent behavior; heart attack; stroke; coma</p>	<p>Loss of smell; bowel tissue death; nasal and lung damage; nosebleeds</p>	<p>Anxiety, convulsions, death</p>	<p>Tolerance develops so that higher dose is needed to cause the same sense of pleasure. Sensitization develops so that negative side effects occur when using less amounts increasing the risk of overdose.</p>
<p>MDMA</p> <p>Other common names: Ecstasy, XTC, adam, X, rolls, pills, molly, uppers</p>	<p>Stimulant</p>	<p>Decrease inhibitions; increase sensory perceptions, heart rate, blood pressure, and body temperature; nausea; chills; muscle tension</p>	<p>Confusion; depression; anxiety; impulsiveness; decrease interest in sex; attention, memory, and sleep impairment</p>	<p>High blood pressure; panic attacks; unconsciousness; death</p>	<p>Can develop dependence and addiction</p>
<p>Ketamine</p> <p>Other common names: Cat valium, special k, K,</p>	<p>Hallucinogen</p>	<p>Hallucinations; attention, learning, and memory impairment; sedation; confusion; slow</p>	<p>Bladder and kidney problems; stomach pain; memory loss; depression</p>	<p>Feelings of terror and loss of control; anxiety; insanity; death</p>	<p>Can develop dependence and addiction</p>

vitamin k		breathing; blood pressure increase			
LSD Other common names: Acid, blue heaven, yellow sunshine, cubes	Hallucinogen	Blood pressure, heart rate, and body temperature increase; dilated pupils; mood swings; inaccurate perception of reality	Flashbacks and visual disturbances; mood swings; paranoia; disorganized thoughts	Feelings of terror and loss of control; anxiety; insanity; death	Can develop dependence and addiction.
Mescaline Other common names: Buttons, cactus, mes	Hallucinogen	Sense of Euphoria; hallucinations; anxiety; blood pressure, heart rate, body temperature, and sensory perceptions increase; sweating; difficulty moving	Unknown	Feelings of terror and loss of control; anxiety; insanity; death	Can develop dependence and addiction.
PCP Other common names: Angel dust, love boat, peace pill	Hallucinogen	Hallucinations and delusions; anxiety; blood pressure and heart rate increase; hands and feet numbness; seizures; nausea and vomiting; coma; death	Loss of memory; speech and thinking impairment; appetite loss; anxiety	Feelings of terror and loss of control; anxiety; insanity; death	Can develop dependence and addiction.
Psilocybin Other common names: Little smoke, magic mushrooms, shrooms, mushrooms, purple passion	Hallucinogen	Hallucinations; inaccurate perception of time; muscle relaxation; dilated pupils; cannot distinguish between fantasy and reality; nausea and vomiting; drowsiness	Flashbacks and memory loss	Feelings of terror and loss of control; anxiety; insanity; death	Can develop dependence and addiction.
Salvia Other common names: Magic mint, Sally-D, Maria pastora,	Hallucinogen	Sense of detachment from one's body; hallucinations; visual impairment; mood swings; sweating	Unknown	Feelings of terror and loss of control; anxiety; insanity; death	Can develop dependence and addiction.

<p>Prescription Opioids</p> <p>Other common names: Codeine, fentanyl, hydrocodone, dihydrocodeinone, hydromorphone, meperidine, methadone, morphine, oxycodone, oxymorphone</p>	<p>Narcotic/ Opioid</p>	<p>Sense of euphoria; breathing decreased; nausea; constipation; pain relief; death</p>	<p>Increased risk of addiction or overdose</p>	<p>Decreased breathing and heart rate; coma; death</p>	<p>Dependence can develop so that withdrawal symptoms occur.</p>
<p>Heroin</p> <p>Other common names: Brown sugar, china white, dope, cheese</p>	<p>Narcotic/ Opioid</p>	<p>Sense of euphoria; nausea and vomiting; slowed breathing; itching; dry mouth</p>	<p>Constipation; liver or kidney disease; pneumonia; collapsed veins; abscesses</p>	<p>Decreased breathing and heart rate; coma; permanent brain damage; death</p>	<p>Tolerance develops so that higher dose is needed to cause the same sense of pleasure. Dependence develops so that the body experiences withdrawal symptoms within hours of last use.</p>
<p>Kratom</p> <p>Other common names: Herbal, speed ball, ketum, thom</p>	<p>Narcotic/ Opioid</p>	<p>Sense of euphoria; pain decrease; energy, social ability, alertness increase; sedation; sweating; itching; dizziness; appetite loss; dry mouth; constipation</p>	<p>Anorexia; insomnia; skin darkening; constipation; dry mouth; hallucinations</p>	<p>Seizures; psychotic symptoms; death</p>	<p>Dependence can develop so that withdrawal symptoms occur</p>

Resources. A variety of resources exist for drug or alcohol counseling, treatment, or rehabilitation programs. UMKC participates in [Partners in Prevention](#), Missouri's higher education substance abuse consortium, and provides prevention resources to the UMKC community through the UMKC Counseling Services and Student Health and Wellness health promotion services.

University Programs - Students

- **Counseling Services.** Students who have concerns regarding their own use of alcohol or other substances are encouraged to contact [UMKC Counseling Services](#) for assistance. Our office provides individual, confidential appointments. We also offer screenings and evaluations geared toward helping individuals assess their own behaviors, identify areas of concern, receive confidential feedback and recommendations and locate community support services when needed, including:
 - eCheckup To Go is a brief online self-assessment that provides personalized feedback regarding substance use patterns and frequency. The information is presented in a way that encourages students to make choices that align with their personal aspirations and goals.
 - [eCheckup Alcohol](#)
 - [eCheckup Cannabis](#)
 - BASICS (Brief Alcohol Screening and Intervention for College Students) is an evidence-based intervention which utilizes motivational interviewing techniques to assist students in reducing high risk behaviors and negative consequences related to alcohol use as well as to encourage responsible drinking behaviors. BASICS is frequently used as a sanction for students who have experienced a negative alcohol related consequence.
 - Call UMKC Counseling Services at 816-235-1635 to schedule an initial consultation appointment with one of our mental health professionals.

- **Student Health and Wellness.** Nurse practitioners at [Student Health and Wellness](#) can provide consultation and medical evaluation to assist a student in accessing appropriate treatment for substance use cessation.
 - Call Student Health and Wellness at 816-235-6133 for more information or [make an appointment online](#).

University Programs - Employees

- Employee Assistance Program (EAP). In partnership with Saint Luke's Health System in Kansas City, the [Employee Assistance Program](#) is available for free to all university faculty, staff, and their dependents. Employees are eligible for up to three phone or in-person counseling sessions for any personal issue.
 - Schedule an appointment by calling 816-931-3073 or toll-free at 1-800-327-1223.

Community Programs

- [Center for Behavioral Medicine](#), 1000 East 24th Street, KCMO (816) 512-7000
 - Alcoholism, drug, family, group and individual counseling, crisis intervention, group psychiatric therapy, and suicide prevention, as well as hospital inpatient care, mental health aftercare, and psychiatric care.
- [Comprehensive Mental Health](#), 17844 E. 23rd Street, Independence, MO (816) 254-3652
 - Community mental health and substance abuse treatment centers; youth service, outpatient, adult community support, crisis intervention, Jackson county mental health court.
- [Cornerstones of Care](#), multiple locations (844) 824-8200
 - Outpatient counseling, substance abuse treatment, youth residential treatment, family support.
- [Cottonwood Springs](#), 13351 S Arapaho Drive, Olathe, KS (913) 353-3000
 - Inpatient and outpatient treatment as well as treatment for addiction.
- [Guadalupe Centers](#), 1512 Van Brunt, KCMO (816) 561-6885
 - Outpatient substance abuse assessment and treatment, counseling
- [Heartland Center for Behavioral Change](#), 1730 Prospect Avenue, KCMO (866) 242-6670
 - Inpatient detoxification, outpatient substance abuse treatment, medication-assisted treatment, court services
- [First Call](#), 9091 State Line, KCMO (816) 361-5900 and (913) 223.0747
 - Substance abuse addiction, recovery, and prevention resources
- [Johnson County Mental Health](#), 6000 Lamar, Suite 130, Mission, KS (913) 826-4200
 - 24-Hour Crisis Line 913-268-0156
 - Emergency services (after-hours, mobile crisis response, crisis recovery center), mental health (family, youth, adult, and deaf services), substance abuse services, and same day walk-in assessment, evaluation and treatment.
- [ReDiscover](#), 1555 NE Rice Road, Building C, Lee's Summit, MO (816) 966-0900
 - Nonprofit community mental health for serious mental illness and/or substance abuse. Residential and outpatient programs, crisis support, case management, transportation assistance, individual & group counseling.

- [Swope Health Behavioral Health](#), 3801 Swope Parkway, KCMO (816) 923-5800
 - Offers intensive outpatient programs, case management services, individualized treatment and services, addiction and prevention programs for adults and teens, individual and couples therapy, and school-based prevention programs.
 - Offers residential program for adult substance abuse treatment (Imani House).
- [Valley of Hope](#), 10114 W. 105th Street, Overland Park, KS (913) 432-4037
 - Services include Intensive Outpatient (IOP) programs, addiction treatment, medication assisted treatment, online counseling and therapy, family care and continuing care.

University Policies

- UMKC Student Handbook: <http://info.umkc.edu/saem/students/student-handbook/>
- UM Student Standard of Conduct: http://www.umsystem.edu/ums/rules/collected_rules/programs/ch200/200.010_standard_of_conduct
- UM Parental Notification Policy: http://www.umsystem.edu/ums/rules/collected_rules/information/ch180/180.025_parental_notification_of_alcohol_controlled_substances_violations
- UM Human Resources Policy Manual: <http://www.umsystem.edu/ums/rules/hrm/hr500/hr508>