



Drug-Free Schools and Communities Act

2022 Biennial Review

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INTRODUCTION TO THE UNIVERSITY OF TEXAS RIO GRANDE VALLEY

The University of Texas Rio Grande Valley (UTRGV) was created by the Texas Legislature in 2013 as the first major public university of the 21st century in Texas. This transformative initiative provided the opportunity to expand educational opportunities in the Rio Grande Valley, including a new School of Medicine, and made it possible for residents of the region to benefit from the Permanent University Fund – a public endowment contributing support to the University of Texas System and other institutions.

UTRGV has campuses and off-campus research and teaching sites throughout the Rio Grande Valley including in Boca Chica Beach, Brownsville (formerly The University of Texas at Brownsville campus), Edinburg (formerly The University of Texas-Pan American campus), Harlingen, McAllen, Port Isabel, Rio Grande City, and South Padre Island. UTRGV, a comprehensive academic institution, enrolled its first class in the fall of 2015, and the School of Medicine welcomed its first class in the summer of 2016.

INSTITUTIONAL MISSION – VALUES – VISION

University Mission

UTRGV's Mission is to transform the Rio Grande Valley, the Americas, and the world through an innovative and accessible educational environment that promotes student success, research, creative works, health and well-being, community engagement, sustainable development, and commercialization of university discoveries.

The university is committed to the well-being, growth, and knowledge of its students and staff by ensuring a campus free of illicit and abusive use of alcohol and other drugs. UT Rio Grande Valley endeavors to provide the necessary resources for the fair enforcement of all relevant rules and regulations, the education on the effects of alcohol and other drugs, and the recovery and support of all those negatively affected.

Standard of Conduct for Students The University will impose a minimum disciplinary penalty of suspension from the University for a specified period of time or suspension of rights and privileges, or both, for conduct related to the use, possession, or distribution of drugs that are prohibited by state, federal, or local law. Other penalties that may be imposed for conduct related to the unlawful use, possession, or distribution of drugs or alcohol include disciplinary probation, payment for damage to or misappropriation of property, suspension of rights and privileges, suspension for a specified period of time, expulsion, or such other penalty as may be deemed appropriate under the circumstances.

Standard of Conduct for Employees The unlawful use, possession, or distribution of drugs or alcohol will result in disciplinary probation, demotion, suspension without pay, or termination, depending upon the circumstances.

The UTS 102 Drugs and Alcohol Policy confirms the university's commitment to "campuses that are free of the illegal or abusive use of drugs and alcohol. The University of Texas recognizes that the illegal and/or abusive use of alcohol or drugs by members of the University community can prevent the University from meeting its commitments and accomplishing its missions. Further, such use jeopardizes the safety and welfare of the individual, fellow employees, and the University community."

Subsection 3.11 of Chapter VI, Part One of the Rules and Regulations of the Board of Regents of the University of Texas System provides for disciplinary action against any student who engages in conduct that is prohibited by state, federal, or local law. This includes those laws prohibiting the use, possession, or distribution of illicit drugs or alcohol.

The use or possession of alcohol or drugs by an employee on University premises is defined as misconduct by The University of Texas System's "Policies and Procedures for Discipline and Dismissal of Employees." The unlawful use, possession, or distribution of illicit drugs or alcohol by an employee is prohibited by The University of Texas System's "Policy on Drugs and Alcohol."

Core Purpose

The University Core Purpose is Student Success through educational opportunities, community engagement, research impacting the Rio Grande Valley and beyond and health and medical education.

Core Values

- **Excellence:** Transforming the Rio Grande Valley, the Americas, and the world requires weaving excellence throughout the fabric of the

university and into the core of everything we do.

- **Diversity, Access, and Inclusion:** Establishing an accessible educational environment requires that we cultivate and enhance the diverse, multicultural, and linguistic assets of our university and the Rio Grande Valley. UTRGV also promotes access, inclusion, and lifelong learning to ensure that all members of the university community have opportunities to succeed.
- **Inquiry, Discovery, and Creativity:** Igniting, illuminating, and enhancing the talents and passions of the university community for open inquiry, discovery, and creativity inspire generations of lifelong scholars and artists who impact the Rio Grande Valley and beyond.
- **Engagement and Impact:** Seeking to be a catalyst for transformation, the university integrates social justice, civic responsibility, innovation, and sustainable development in its endeavors. Such change is best undertaken through interdisciplinary and collaborative approaches across the university and with community, government, business, and non-profit partners.
- **Shared Governance:** Participating in decision-making processes with integrity, trust, and respect is a responsibility of all UTRGV stakeholders. This requires an environment of shared governance, academic freedom, accountability and transparency, and open and honest communication.
- **Leadership:** Instilling a sense of value and empowerment in all members of the university community is a fundamental responsibility of leaders at all levels and involves facilitating professional, intellectual, cultural, and personal growth.
- **Health and Well-being:** Recognizing that our success is integrally related to the condition of our community, UTRGV strives to promote the health and well-being of its students, faculty, and staff, and create a healthy, equitable, and resilient community.

Student Honor Code

We do our own work and are honest with one another in all matters. We understand how any act of dishonesty conflicts as much with academic achievement as with the values of honesty and integrity. We will make personal and academic integrity fundamental in all of our endeavors.

University Vision

The UTRGV Vision is to be one of the nation's leaders in higher education, its premier Hispanic-serving institution, and a highly engaged bilingual university, with exceptional educational, research, and creative opportunities that serve as catalysts for transformation in the Rio Grande Valley and beyond.

DEPARTMENTAL CORE PURPOSE AND MISSION

Each department within the university has as its mission the provision of services that will facilitate the fulfillment of the university's mission and core purpose. Certain departments, units, and agencies focus their services on issues related to this report, particularly the following:

The UTRGV Counseling Center assists students with their personal concerns so that they may better meet the daily challenges of student life. The center provides a range of mental health services and offers short-term individual and group counseling for a wide range of issues, including alcohol and other forms of substance abuse. It does not provide formal substance abuse treatment or medically supervised detoxification services. However, the department offers resource information for outpatient and residential treatment. Education and guidance are also available for students, faculty, and staff.

The Collegiate Recovery Program (CRP) provides a supportive community to help students who are struggling with addictions and substance use achieve academic success while enjoying a genuine college experience free from alcohol and other drugs. The program offers ongoing support, a community of peers in recovery, and a safe space for students in recovery or seeking recovery. Participation in the program is free and voluntary. Examples of activities and events run by the department in support of student recovery include sober social activities, 12-step and other support groups, drop-in consultation, and educational presentations and training workshops. The program also offers volunteer opportunities for interested students.

The Military and Veterans Success Center is dedicated to providing veterans, military personnel, and their family members with the support needed to make the most of their educational experience. This unit aims to equip student veterans with the tools necessary to achieve their highest personal and academic potential. It also works closely with other departments on campus and various community partners.

University Health Services provides health care and public health leadership to support students in reaching their optimal health to achieve their academic and personal potential. Its Health Promotion Resource Center researches student health behaviors, and

develops and implements prevention strategies to address these issues. One of its major functions is to provide accurate and effective alcohol and drug prevention and education. The unit provides programs and initiatives to help UTRGV students make informed choices that can help reduce the harm and manage the risks of alcohol and drug use. Staff also collaborates with campus and community partners to implement strategies to reduce high-risk drinking.

Employee Assistance Program supports the mental, emotional, and physical well-being of faculty and staff and promotes the university's organizational health and effectiveness. The program provides free short-term, confidential counseling consultations and referral services with an experienced staff of licensed psychologists and social workers to benefits-eligible employees, retirees, and dependents. Counselors assess needs and develop a plan with the individual for addressing those needs, either within the program, through a community provider, or through other UTRGV resources. The program provides educational programs focused on health and well-being which provide assistance in reducing high-risk behaviors and creating alternative healthy habits.

New Student Services spearheads orientation for thousands of freshmen and transfer students each year, ensuring they successfully transition to campus and register for classes. The department also leads programs to promote student engagement, academic success, and student leadership opportunities throughout the year.

Office of the Dean of Students provides opportunities and experiences that support student learning and personal development. The department has several units that provide educational programming designed to bring awareness to alcohol-and drug-related issues:

Fraternity and Sorority Life cultivates educational and leadership development, in collaboration with individuals and organizations, to foster a culturally conscious, safe, and responsible community. This unit serves as the university liaison to the Interfraternity Council, Multicultural Greek Council, and the National Association of Latino Fraternal Organizations.

Center for Student Involvement promotes student organization development, leadership opportunities, community service, co-curricular programming, and risk management education.

Student Rights and Responsibilities promotes appropriate standards of conduct for the university community. This unit is responsible for investigating alleged violations of institutional rules and for implementing the discipline process

Department of Housing and Residence Life (DHRL) cultivates inclusive learning communities that foster student engagement, growth, and success at the university. The department conducts alcohol- and drug-related educational programming within residence halls to raise awareness of the resident population. Programming for all residence hall activities is designed to reinforce the value that effective social interaction can occur without the presence of alcohol and drugs, as well as to educate on the effects of alcohol and drug use.

University of Texas Rio Grande Valley Police Department employs 77 individuals dedicated to making a positive difference on campus. In keeping with its community-oriented policing philosophy, the department regularly partners with faculty members, staff members, and students on crime prevention and law enforcement programs. Founded in 2015, the department is currently pursuing accreditation.

UT Wellness Network is a system-wide coalition committed to assessing and addressing the health and wellness needs of students, faculty, and staff. It brings together advocates for health and wellness from across the university to share information, strategies, and resources. The Wellness Network builds a campus community where the healthy choice is the easy choice. Its High-Risk Drinking Prevention Committee works to reduce high-risk drinking through research, campus and community partnerships, and recommending strategy and policy changes. Its Committee on Substance Safety and Overdose Prevention works to address substance use safety and overdose prevention in the campus community.

Scholarships and Financial Aid

The Free Application for Federal Student Aid (FAFSA) includes the following question related to an applicant's relationship with illegal drugs. Question 23. Have you been convicted for the possession or sale of illegal drugs for an offense that occurred while you were receiving federal student aid (grants, work-study funds, and/or loans)? The student self-certifies this question and cannot leave the question blank.

OBJECTIVES OF THE BIENNIAL REVIEW

The University of Texas Rio Grande Valley is required to establish a drug and alcohol prevention program for its students and employees. The Drug-Free Schools and Communities Act requires that an institution of higher education adopt and implement a program to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol for students and employees on school premises and as a part of its activities. The objective of this report is to document the university's efforts regarding alcohol and other drug education and prevention in compliance with the Drug-Free Schools and Communities Act.

Documentation in the report was achieved by compiling self-reported efforts from a variety of university agencies. University agencies were asked to review previous Biennial Reviews to provide updates, describe new policies and programs since the previous review, and make recommendations for future development of programming and services. The participating units were selected on the basis of their roles within the university community as they relate to interactions with the university staff and student populations for the purposes of the Biennial Review. The finalized report with compiled results of the self-studies will be provided to those units for their reference.

Appropriate departments and agencies within the institution will review these recommendations with particular attention given by the Office of the Vice President for Student Affairs.

UTRGV is a drug-free school and complies with the Drug-Free Workplace Act of 1990. The Drug-Free School and Communities Act of 1989 requires institutions of higher education to adopt and implement programs to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol. Information concerning these programs must be distributed to students annually. For information regarding these policies, please refer to the Drug-Free School and Communities Act provided by the Office of Student Rights & Responsibilities at: <https://www.utrgv.edu/srr/files/documents/srr-drug-free-school-and-communities-notice.pdf>

UTRGV is committed to maintaining a safe and healthy environment for the campus community. Alcohol and other drugs should not interfere with the University's educational mission. All UTRGV students, faculty members, staff members, administrators, and visitors are subject to local, state, and federal laws regarding the unlawful possession, distribution, or use of alcohol or illegal drugs. University Police will investigate violations of State and Federal drug laws to file charges and/or refer for administrative disciplinary action.

Federal and state laws and The Rules and Regulations of the Board of Regents of The University of Texas System require UTRGV to develop policies and enforce sanctions related to the abuse of alcohol and other drugs. These policies and sanctions are only one aspect of the university's initiative to develop a campus community in which alcohol and drugs do not impede the educational mission of the institution.

UTRGV consistently enforces disciplinary sanctions for violations of standards of conduct related to alcohol and drug use through a broad spectrum of enforcement policies that are implemented institution-wide.

The 2022 Biennial Review is a summary of programs, policies, and services for the 2019-2020 and 2020-2021 academic years. This Biennial Review includes the following:

1. Documentation of all alcohol and drug cases adjudicated at the institution and the accompanying sanctions issued for these violations.
2. Identification of methods in place to educate members of the university community about policies related to alcohol and drugs, and sanctions in place to enforce these policies.
3. Identification of alcohol and drug programming that occurs on the university campus.
4. Identification of resources and intervention assistance available to individuals.
5. Review of the university's alcohol- and drug-related policies, procedures, programming, and intervention methods.
6. Recommendations for improving alcohol- and drug-related policies, procedures, programs, and overall coordination.

HEALTH RISKS OF DRUGS AND ALCOHOL

Alcohol's Effects on the Body

Drinking too much – on a single occasion or over time – can take a serious toll on a person's health. Below is information about how alcohol can affect the human mind and 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

Immune System

Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Drinking a lot on a single occasion slows your body's ability to ward off infections – even up to 24 hours after getting drunk.

Pancreas

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

Cancer

According to the National Cancer Institute: "There is a strong scientific consensus that alcohol drinking can cause several types of cancer. In its Report on Carcinogens, the National Toxicology Program of the US Department of Health and Human Services lists consumption of alcoholic beverages as a known human carcinogen.

"The evidence indicates that the more alcohol a person drinks—particularly the more alcohol a person drinks regularly over time—the higher his or her risk of developing an alcohol-associated cancer. Even those who have no more than one drink per day and people who binge drink (those who consume 4 or more drinks for women and 5 or more drinks for men in one sitting) have a modestly increased risk of some cancers. Based on data from 2009, an estimated 3.5% of cancer deaths in the United States (about 19,500 deaths were alcohol related."

Clear patterns have emerged between alcohol consumption and increased risks of certain types of cancer:

- **Head and neck cancer**, including oral cavity, pharynx, and larynx cancers.
- **Esophageal cancer**, particularly esophageal squamous cell carcinoma. In addition, people who inherit a deficiency in an enzyme that metabolizes alcohol have been found to have substantially increased risks of esophageal squamous cell carcinoma if they consume alcohol.
- **Liver cancer**.
- **Breast cancer**: Studies have consistently found an increased risk of breast cancer in women with increasing alcohol intake. Women who consume about 1 drink per day have a 5 to 9 percent higher chance of developing breast cancer than women who do not drink at all.
- **Colorectal cancer**.

Sources: The National Cancer Institute's webpage "[Alcohol and Cancer Risk](#)" (last accessed October 21, 2021); [Interactive Body feature](#) on NIAAA's [College Drinking Prevention website](#).

Drugs' Effects on the Body

All controlled substances have abuse potential or are immediate precursors to substances with abuse potential. Below is information about how drugs can affect the human mind and body.

Narcotics (Fentanyl, Heroin, Hydromorphone, Methadone, Morphine, Opium, Oxycodone)

- **Effects on the Mind**

Besides their medical use, narcotics/opioids produce a general sense of well-being by reducing tension, anxiety, and aggression. These effects are helpful in a therapeutic setting but contribute to the drugs' abuse.

Narcotic/opioid use comes with a variety of unwanted effects, including drowsiness, inability to concentrate, and apathy.

- **Effects on the Body**

Narcotics/opioids are prescribed by doctors to treat pain, suppress cough, cure diarrhea, and put people to sleep. Effects depend heavily on the dose, how it's taken, and previous exposure to the drug. Negative effects include slowed physical activity, constriction of the pupils, flushing of the face and neck, constipation, nausea, vomiting, and slowed breathing. As the dose is increased, both the pain relief and the harmful effects become more pronounced. Some of these preparations are so potent that a single dose can be lethal to an inexperienced user. However, except in cases of extreme intoxication, there is no loss of motor coordination or slurred speech.

Stimulants (Amphetamines, Cocaine, Khat, Methamphetamine)

- **Effects on the Mind**

When used as drugs of abuse and not under a doctor's supervision, stimulants are frequently taken to produce a sense of exhilaration, enhance self-esteem, improve mental and physical performance, increase activity, reduce appetite, extend wakefulness for prolonged period, and "get high" Chronic, high-dose use is frequently associated with agitation, hostility, panic, aggression, and suicidal or homicidal tendencies. Paranoia, sometimes accompanied by both auditory and visual hallucinations, may also occur. Tolerance, in which more and more drug is needed to produce the usual effects, can develop rapidly, and psychological dependence occurs. In fact, the strongest psychological dependence observed occurs with the more potent stimulants, such as amphetamine, methylphenidate, methamphetamine, cocaine, and methcathinone. Abrupt cessation is commonly followed by depression, anxiety, drug craving, and extreme fatigue, known as a "crash."

- **Effects on the Body**

Stimulants are sometimes referred to as uppers and reverse the effects of fatigue on both mental and physical tasks. Therapeutic levels of stimulants can produce exhilaration, extended wakefulness, and loss of appetite. These effects are greatly intensified when large doses of stimulants are taken. Taking too large a dose at one time or taking large doses over an extended period of time may cause such physical side effects as dizziness, tremors, headache, flushed skin, chest pain with palpitations, excessive sweating, vomiting, and abdominal cramps.

Depressants (Barbiturates, Benzodiazepines, GHB, Rohypnol)

- **Effects on the Mind**

Depressants used therapeutically do what they are prescribed for: induce sleep, relieve anxiety and muscle spasms, and prevent seizures. They also cause amnesia, leaving no memory of events that occur while under the influence, reduce reaction time, impair mental functioning and judgment, and cause confusion. Long-term use of depressants produces psychological dependence and tolerance.

- **Effects on the Body**

Some depressants can relax the muscles. Unwanted physical effects include slurred speech, loss of motor coordination, weakness, headache, lightheadedness, blurred vision, dizziness, nausea, vomiting, low blood pressure, and slowed breathing. Prolonged use of depressants can lead to physical dependence even at doses recommended for medical treatment. Unlike barbiturates, large doses of benzodiazepines are rarely fatal unless combined with other drugs or alcohol. But unlike the withdrawal syndrome seen with most other drugs of abuse, withdrawal from depressants can be life-threatening.

Hallucinogens (Ecstasy/MDMA, Ketamine, LSD, Peyote & Mescaline, Psilocybin)

- **Effects on the Mind**
Sensory effects include perceptual distortions that vary with dose, setting, and mood. Psychic effects include distortions of thought associated with time and space. Time may appear to stand still, and forms and colors seem to change and take on new significance. Weeks or even months after some hallucinogens have been taken, the user may experience flashbacks — fragmentary recurrences of certain aspects of the drug experience in the absence of actually taking the drug. The occurrence of a flashback is unpredictable, but is more likely to occur during times of stress and seems to occur more frequently in younger individuals. With time, these episodes diminish and become less intense.
- **Effects on the Body**
Physiological effects include elevated heart rate, increased blood pressure, and dilated pupils.

Marijuana/Cannabis

- **Effects on the Mind**
When marijuana is smoked, the tetrahydrocannabinol (THC) passes from the lungs and into the bloodstream, which carries the chemical to the organs throughout the body, including the brain. In the brain, the THC connects to specific sites called cannabinoid receptors on nerve cells and influences the activity of those cells.

Many of these receptors are found in the parts of the brain that influence pleasure, memory, thought, concentration, sensory and time perception, and coordinated movement. The short-term effects of marijuana include problems with memory and learning, distorted perception, difficulty in thinking and problem-solving, and loss of coordination.

The effect of marijuana on perception and coordination is responsible for serious impairments in learning, associative processes, and psychomotor behavior (driving abilities). Long-term, regular use can lead to physical dependence and withdrawal following discontinuation, as well as psychic addiction or dependence.

Clinical studies show that the physiological, psychological, and behavioral effects of marijuana vary among individuals and present a list of common responses to cannabinoids, as described in the scientific literature:
 - Dizziness, nausea, tachycardia, facial flushing, dry mouth, and tremor initially
 - Merriment, happiness, and even exhilaration at high doses
 - Disinhibition, relaxation, increased sociability, and talkativeness
 - Enhanced sensory perception, giving rise to increased appreciation of music, art, and touch • Heightened imagination leading to a subjective sense of increased creativity
 - Time distortions
 - Illusions, delusions, and hallucinations are rare except at high doses
 - Impaired judgment, reduced coordination, and ataxia, which can impede driving ability or lead to an increase in risk-taking behavior
 - Emotional lability, incongruity of affect, dysphoria, disorganized thinking, inability to converse logically, agitation, paranoia, confusion, restlessness, anxiety, drowsiness, and panic attacks may occur, especially in inexperienced users or in those who have taken a large dose
 - Increased appetite and short-term memory impairment are common
- **Effects on the Body**
Short-term physical effects from marijuana use may include sedation, bloodshot eyes, increased heart rate, coughing from lung irritation, increased appetite, and decreased blood pressure. Marijuana smokers experience serious health problems such as bronchitis, emphysema, and bronchial asthma.

Extended use may cause suppression of the immune system.

Withdrawal from chronic use of high doses of marijuana causes physical signs including headache, shakiness, sweating, stomach pains and, nausea. Withdrawal symptoms also include behavioral signs such as restlessness, irritability, sleep difficulties, and decreased appetite.

Synthetic Marijuana/Cannabis

- **Effects on the Mind**

Synthetic cannabinoids act on the same brain cell receptor as THC (*delta-9-tetrahydrocannabinol*), the mind-altering ingredient in marijuana.

So far, there have been few scientific studies of the effects of synthetic cannabinoids on the human brain, but researchers do know that some of them bind more strongly than marijuana to the cell receptors affected by THC and can produce much stronger effects. The resulting health effects can be unpredictable and dangerous. Because the chemical composition of many synthetic cannabinoid products is unknown and may change from batch to batch, these products are likely to contain substances that cause dramatically different effects than the user might expect.

- Elevated Mood, relaxation
- Altered perception-awareness of surrounding objects and conditions
- Symptoms of psychosis- delusional or disordered thinking detached from reality. Psychotic effects include: extreme anxiety, paranoia- extreme and unreasonable distrust of others, and *hallucinations*- sensations and images that seem real though they are not.
- Vomiting
- Insomnia
- Suicidal Thoughts
- **Effects on the Body**
 - Rapid heart rate, chest pain, heart attack, deterioration of basic motor skills, acute kidney injury, stroke, seizures, violent behaviors, and aggression.

Steroids

- **Effects on the Mind**

Case studies and scientific research indicate that high doses of anabolic steroids may cause mood and behavioral effects. In some individuals, steroid use can cause dramatic mood swings, increased feelings of hostility, impaired judgment, and increased levels of aggression (often referred to as “roid rage”). When users stop taking steroids, they may experience depression that may be severe enough to lead one to commit suicide. Anabolic steroid use may also cause psychological dependence and addiction.
- **Effects on the Body**

A wide range of adverse effects is associated with the use or abuse of anabolic steroids. These effects depend on several factors including age, sex, the anabolic steroid used, amount used, and duration of use. In adolescents, anabolic steroid use can stunt the ultimate height that an individual achieves. In boys, steroid use can cause early sexual development, acne, and stunted growth. In adolescent girls and women, anabolic steroid use can induce permanent physical changes, such as deepening of the voice, increased facial and body hair growth, menstrual irregularities, male pattern baldness, and lengthening of the clitoris. In men, anabolic steroid use can cause shrinkage of the testicles, reduced sperm count, enlargement of the male breast tissue, sterility, and an increased risk of prostate cancer. In both men and women, anabolic steroid use can cause high cholesterol levels, which may increase the risk of coronary artery disease, strokes, and heart attacks. Anabolic steroid use can also cause acne and fluid retention. Oral preparations of anabolic steroids, in particular, can damage the liver.

Users who inject steroids run the risk of contracting various infections due to non-sterile injection techniques, sharing of contaminated needles, and the use of steroid preparations manufactured in non-sterile environments. All these factors put users at risk for contracting viral infections such as HIV/AIDS or hepatitis B or C, and bacterial infections at the sight of injection. Users may also develop endocarditis, a bacterial infection that causes a potentially fatal inflammation of the heart lining.

Inhalants

- **Effects on the Mind**

Inhalant abuse can cause damage to the parts of the brain that control thinking, moving, seeing, and hearing. Cognitive abnormalities can range from mild impairment to severe dementia.
- **Effects on the Body**

Inhaled chemicals are rapidly absorbed through the lungs into the bloodstream and quickly distributed to the brain and other organs. Nearly all inhalants produce effects similar to anesthetics, which slow down the body’s function. Depending on the

degree of abuse, the user can experience slight stimulation, feeling of less inhibition, or loss of consciousness.

Within minutes of inhalation, the user experiences intoxication along with other effects similar to those produced by alcohol. These effects may include slurred speech, an inability to coordinate movements, euphoria, and dizziness. After heavy use of inhalants, users may feel drowsy for several hours and experience a lingering headache.

Additional symptoms exhibited by long-term inhalant users include:

- Weight loss, muscle weakness, disorientation, inattentiveness, lack of coordination, irritability, depression, and damage to the nervous system and other organs
- Some of the damaging effects to the body may be at least partially reversible when inhalant abuse is stopped; however, many of the effects from prolonged abuse are irreversible.
- Prolonged sniffing of the highly concentrated chemicals in solvents or aerosol sprays can induce irregular and rapid heart rhythms and lead to heart failure and death within minutes. There is a common link between inhalant use and problems in school — failing grades, chronic absences, and general apathy.

Other signs include:

- Paint or stains on body or clothing; spots or sores around the mouth; red or runny eyes or nose; chemical breath odor; drunk, dazed, or dizzy appearance; nausea; loss of appetite; anxiety; excitability; and irritability

Source: Drugs of Abuse, US Department of Justice Drug Enforcement Administration Resources Guide, 2020 Edition.

Pandemic-Driven Changes in Alcohol Consumption

A survey sponsored by RTI International conducted in May 2020 showed overall increases in alcohol consumption, with women, people with minor children in the home, and Black Americans disproportionately increasing their drinking in the short term after COVID-19 started. The current NIAAA-sponsored study re-surveyed respondents in the first RTI survey, providing unique longitudinal data to address whether and for whom the early patterns of increased alcohol consumption have been sustained over the longer term. Among respondents drinking alcohol at some point between February and November 2020, we found that increases in alcohol consumption, including excessive consumption, were sustained from April to November 2020, overall and across several groups.

Additional information is available at *July 2021 Assessing Pandemic-Driven Changes in Alcohol Consumption Final Report Prepared for National Institutes of Health (NIH) National Institute on Alcohol Abuse and Alcoholism (NIAAA)*.

Source: July 2021 Assessing Pandemic-Driven Changes in Alcohol Consumption Final Report Prepared for National Institutes of Health (NIH) National Institute on Alcohol Abuse and Alcoholism (NIAAA).

PROGRAM INVENTORY: PREVENTION AND EDUCATION

Following is an inventory of the university's varied alcohol- and other drug-related actions and activities, including policies, regulations, prevention, intervention, treatment, recovery, and research.

The university places considerable emphasis on prevention programs, teaching basic behavioral skills, increasing awareness of the dangers of high-risk behavior, and aiming to shift social norms and correct misperceptions about what substance safety risk behaviors students are actually engaging in. Following is a listing of relevant prevention and education initiatives.

Information and services are available for students at:

Student Health Services

(956) 665-2511 Edinburg,
(956) 882- 3896 Brownsville

Substance Abuse Services are provided through the UTRGV Counseling Center

(956) 665-2574 Edinburg
(956) 882-3896 Brownsville/Harlingen.

The UTRGV Counseling Center offers free mental health outpatient counseling for enrolled UTRGV students. This clinical service includes assisting students who may be struggling with substance use problems.

Counseling services at the Center begin with screening and assessment for substance abuse and related mental health conditions. After the screening, students who have been identified as struggling with substance use issues may be assigned to a counselor for individual or group counseling and are also often connected to the Collegiate Recovery Program for additional support. For more severe conditions, a student may be referred out for additional professional off-campus resources.

Peer-to-Peer Education and Prevention

In addition, Peer-to-Peer education and prevention is provided by the SuperHero Project and the BACCHUS peer education group which provides educational programs and activities such as:

- TIPS Training
- Health Info Fairs
- Sexual Responsibility Under the Influence
- ACOA Syndrome Awareness
- Arrive Alive
- Sexual Assault Awareness Month and events such as National Collegiate Alcohol Awareness Week
- Safe Spring Break Week

The Peer education group BACCHUS is focused on promoting a positive campus community that reflects the attitudes, behaviors, and values of a healthy lifestyle.

Collegiate Recovery Program

The Collegiate Recovery Program is part of a national effort to meet the needs of students in recovery from alcohol, drugs, and other addictions. Addiction recovery is a challenging, lifelong process and commitment. This program offers hope and support so students can find their inner peace and continue with and finish their education. The Collegiate Recovery program provides a safe environment in which students struggling with addictions can support each other in developing ways to sustain a life of recovery while improving self-confidence in both academic and social environments.

UTRGV Counseling Center

The Counseling Center provides free individual and group mental health counseling services for enrolled UTRGV students. This center consists of a team of professionals who are dedicated to supporting students' emotional and behavioral well-being. Services typically start with a screening evaluation through which students are provided feedback, recommendation and, if needed, referrals. Most students who are screened are then assigned to a counselor for either brief or longer-term counseling. For those struggling with substance use issues, mental health counseling will likely be recommended, but these students often are also referred to the Collegiate Recovery Program or additional professional off-campus services depending on the nature and severity of the substance use problem.

BASICS (Brief Alcohol Screening and Intervention for College Students)

Listed on the United States Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Policies, the BASICS program uses motivational interviewing techniques to assist students with reducing alcohol-related harm. While most participants are mandated to take the class by Student Conduct, no referral is necessary to participate.

BASICS provides students with an opportunity to examine their drinking behavior and learn individualized strategies to reduce alcohol-related consequences that can negatively affect their personal and academic success at UT Rio Grande Valley.

BASICS consists of two sessions that each last an hour. The first session is conducted in a group or individual format between the students and a BASICS facilitator where the facilitator provides educational information about alcohol and its effects along with leading a discussion about perceptions of alcohol, motivations for drinking, and negative consequences. After finishing the first session, students complete a brief survey that asks questions about drinking behaviors, perceptions of alcohol use on campus, strategies they currently use to reduce the risk of alcohol-related harm, and any negative effects of their alcohol use.

The second BASICS session is conducted in an individual format and the student receives their feedback report. The facilitator discusses the report with the student. The student learns how their drinking compares with other students on campus and collaborate with the facilitator to examine their relationship with alcohol and protective strategies that the student feels would be useful for reducing alcohol-related consequences. The facilitator uses motivational interviewing techniques to help students identify positive changes that reduce risk and fir within the context of the student's environment and personal goals.

AlcoholEdu

Office of Student Rights and Responsibilities

AlcoholEdu® is a 2.5 hour online module all incoming UT RGV students are required to complete. The program incorporates the latest evidence-based prevention methods to create a highly engaging user experience that inspires students to reflect on and consider changing their drinking habits in addition to providing strategies for staying safe while in college. The university transitioned to this module when The University of Texas System entered into a system-wide contract to offer a comprehensive array of online educational modules to UT System schools.

AlcoholEdu (Sanctions Module)

Office of Student Rights and Responsibilities

AlcoholEdu for Sanctions is designed specifically to help students who have violated campus alcohol policies to make safer and healthier choices and to avoid experiencing alcohol-related problems again. The course provides a strong educational foundation to support campus judicial programs and is an essential component of a comprehensive alcohol prevention initiative. The course re-emphasizes the skills and topics important for this particular group of students to reconsider, such as standard drink measurements, factors affecting blood alcohol content and how to identify and respond to alcohol poisoning. The goals of this course are to help educate students to make different drinking choices and reduce their participation in behaviors that will lead to additional sanctions.

Athletics Risk Management and Compliance Services

UTRGV Athletics

The department of intercollegiate athletics is concerned with the health, safety and welfare of student-athletes who participate in its programs and represent the University in competitive athletics. The program takes the position that drug testing is appropriate:

- Ensure the health and safety of our student-athletes;
- Promote fair competition in intercollegiate athletics; • Affirm compliance with NCAA rules and regulations on drug and alcohol abuse; and,
- Identify student-athletes who are improperly using drugs or alcohol and to assist student-athletes before they injure themselves or others, or become physiologically or psychologically dependent.

The department of intercollegiate athletics recognizes its responsibility to provide educational programming that will support positive decision-making processes. The overall goal of the department of intercollegiate athletics drug and alcohol education and testing program is to promote a year-round drug free environment in the department of intercollegiate athletics. A drug and alcohol program which embraces an educational screening, and (if necessary) rehabilitation component, will facilitate a positive decision-making process for our student-athletes.

The athletic program and its administration are subject to modification to the Drug and Alcohol Education and Testing Committee. Any modification will only be implemented by action of the director of intercollegiate athletics upon the approval by the president of the university and will not be applied retroactively. Any amendments or modifications shall apply to and be effective for all student-athletes upon notice and acknowledgment by such student-athletes of the program as so amended or modified.

Although this is a student-athlete-based program, student support personnel such as cheerleaders, student managers, and student trainers may be included. This program and its sanctions are independent of the NCAA Testing Program.

Consent Forms

All student-athletes must sign a NCAA form in which the student-athlete consents to being tested, during NCAA post-season championships, for the use of drugs prohibited by NCAA legislation. In addition, all student-athletes must sign a university consent form to allow for testing and limited release of test results, as set forth in these procedures, as a condition of eligibility.

Education

The education component of the department of intercollegiate athletics consists of a comprehensive approach to addressing various choices and consequences of alcohol and other drug involvement and related issues. The department of intercollegiate athletics considers education to be an important part of its drug policy. At the beginning of each academic year, each student-athlete and student support personnel will be required to attend a drug education seminar. The NCAA and the department of intercollegiate athletics drug policies and testing guidelines will be thoroughly covered at this seminar. Each student will receive written copies of the policies and testing guidelines at this time and will sign consent forms for drug testing for both organizations (Student Athlete Handbook). A presentation on the medical and legal aspects of drug use and abuse will additionally be conducted at this seminar.

Regular educational services will be offered to both students and athletic staff throughout the year. These programs will be offered in the areas of drug abuse, prevention, drug education and drug testing, and coordinated by the life skills coordinator and sports medicine staff. All department of intercollegiate athletics personnel, particularly head coaches, must cooperate in making sufficient time available during team meetings for any departmental sponsored visual presentations and lectures. The drug education program will be continuously reviewed and updated to meet the growing needs of the students and to address the ever-changing complexities of drug use associated with athletic competition.

Department of Housing and Residence Life Educational Programming (DHRL)

DHRL staff focus programming in the residence halls on a variety of life skills, one of which is alcohol and another, drug awareness. Additionally, DHRL conducts large-scale, alternative programming designed for the entire campus to attend. Residence Life staff evaluate the content of alcohol- and drug-related programs as part of a comprehensive residential curriculum.

RA Name	Facility/Location	Title of Program	Date
John Lopez	Unity Hall	After Party	3/8/2019
Luis Rodriguez	The Village	Think Before You Drink	4/5/2019
Lesslie Cortina	Unity Hall	Alcohol Awareness: Water Pong Tournament	9/3/2019
Haulen Garcia	Unity Hall	Pot Painting Party	9/29/2019
Jesus Montemayor	Heritage Hall	Stay Alive, Don't drink and Drive	10/17/2019

RA Name	Facility/Location	Title of Program	Date
Carlos Guzman	Unity Hall	No love without a glove	3/7/2019
Anyssa Gonzalez	The Village	No es Amor, es una obsession	3/19/2019
Marco Vasquez	Heritage Hall	Title XI	3/20/2019
Aleah Quiroz	The Village	OVAVP	11/29/2019
Sydney Landa	Zoom	Being an Active Bystander	2/9/2021
Estefania Grimaldo	The Village	Healthy Relationships	10/9/2021
Estefania Sanchez	Unity Hall	Trivia with OVAVP	10/13/2021
Carolina Constantino	Unity Hall	Boundaries, Sex, Relationships	10/28/2021
Xiomara Mauricio	Unity Hall	Campus Safety	11/1/2021

SuperHero Project: The Bystander Intervention Initiative of The University of Texas Rio Grande Valley

The SuperHero Project: The Bystander Intervention initiative of UTRGV is a university-wide initiative to promote the idea that individual Vaqueros have the power to prevent high-risk behavior and harm. The SuperHero Project aims to shift the culture of campus to one in which all community members recognize potential harm, overcome barriers, find the motivation to choose to respond and take a situation-appropriate form of action.

PROGRAM INVENTORY: INTERVENTION

Strong efficacious interventions are included in the universities comprehensive approach to drugs and alcohol. These programs and services facilitate early detection and reduction of potential harm from alcohol and drug misuse and abuse. Following is a listing of intervention services.

Mental Health Crisis Line

The Vaqueros Crisis Line is a confidential, 24/7 service of the UTRGV Counseling Center that offers an opportunity for UTRGV students to speak with trained counselors about urgent concerns outside of normal business hours. Examples of crises include suicidality, panic attacks, and, in the case of those struggling with substance use disorders, the threat of relapse. The Crisis Line is available for students to

call at any time, any day of the year, regardless of whether or not the University is open. Trained crisis counselors from an outsourced mental health service company answer calls and assist students in crisis.

Crisis line reports are sent to the UTRGV Counseling Center for review. Counselors in the Counseling Center can contact the student and offer services.

Behavior Intervention Team

The mission of the Behavior Intervention Team (BIT) is to provide a systematic response to students, faculty or staff whose behavior is disruptive to themselves or the environment, or may be in violation of the University of Texas Rio Grande Valley Student Code of Conduct or Handbook of Operating Procedures (HOP), to support student success, and to assist in protecting the health, safety and welfare of the Campus Community Members of the university.

Employee Assistance Program

UTRGV Human Resources

The Employee Assistance Program at UTRGV serves to support the mental, emotional, and physical well-being of faculty and staff and promote the organizational health and effectiveness of the university community. The program provides free short-term, confidential counseling consultations and referral services with an experienced staff of licensed psychologists and social workers to benefits-eligible individuals. In these sessions, counselors assess needs and develop a plan with the individual for addressing those needs. Staff provide educational programs focused on health and well-being which provide assistance in reducing high-risk behaviors and creating alternative healthy habits. Staff also provide manager consultations and training that provide guidance to managers dealing with employees who may be distressed or disruptive in the workplace. This training focuses on teaching managers how to communicate about resources to distressed employees and set limits with employees whose behaviors are disruptive.

PROGRAM INVENTORY: TREATMENT AND RECOVERY

UTRGV offers robust services to support treatment and recovery from drug and alcohol abuse. Programs and services at the university have received state and national recognition and serve as a model for other institutions. Following is a listing of treatment and recovery services.

Student Financial Hardship

Student Emergency Services in the Office of the Dean of Students

Student Emergency Services facilitates the Student Financial Hardship. It is a means to help students facing financial emergencies that may include medical costs (e.g., treatment, therapy, health care, etc.) or other necessary, basic needs.

Counseling Center Walk-In Crisis Services Often issues related to high levels of alcohol use result in the need for mental health care that is timely and available without a prior appointment. Each day the center is open, a team of clinicians is available for students who require crisis and same-day appointments. All care is coordinated with options for both inpatient and outpatient treatment recommendations and referrals.

Collegiate Recovery Program The Collegiate Recovery Program is recovery-focused only and aims to strengthen and enrich students' recovery from addiction to alcohol and/or other drugs through peer support, sober social activities, and service and volunteer opportunities. Students who are in recovery as well as those interested in experiencing, exploring, and understanding the recovery process and related resources are encouraged to get involved. Participation in the center's programs and recovery-supportive activities is free and available to students at any point in their recovery journey.

2019-2020 CRP and BASICS Services=3,002

Service	Total Attendance
CRP Alcohol/Drug Abuse Prevention Education/Consultation (Drop-Ins)	156
CRP Classroom Presentations	1691
Outreach: Tabling and other Campus Events	448
Outreach: Trainings	32
CRP Support Groups	645
BASICS (1 session/2 sessions)	5 / 25

2020-2021 CRP and BASICS Services=882

Service	Total Attendance
CRP Alcohol/Drug Abuse Prevention Education/Consultation (Drop-Ins)	37
CRP Classroom Presentations	388
Outreach: Tabling Events and Other Campus Events	118
Outreach: Trainings	202
CRP Support Groups	126
BASICS (1 session/2 sessions)	1 / 10

On-Campus Support and Resources (available to students)

Office	Contact Information Edinburg	Brownsville/Harlingen
Counseling Center	956-665-2574	956-882-3897
Student Health	956-665-2511	956-882-3896
Collegiate Recovery Program	956-665-2674	956-882-3897
University Police Department	956-882-7777	956-882-7777

Employees

The UT Employee Assistance Program (UTEAP) is a service available to all employees of UTRGV. It provides confidential, professional assistance to help employees and members of their household resolve problems that affect their personal lives or job performance, including assistance with alcohol and other drug abuse concerns.

For more information, contact Human Resources Benefits Administration or visit the UTEAP website www.uth.edu/uteap/.

Community Resources

Office	Contact Information	Location
Palmer Drug Abuse Program	956-687-7714	115 N. 9 th Street, McAllen, TX 78501
Behavioral Health Solutions of South Texas (most commonly known as Rio Grande Valley Council)	956-787-7111	5510 N. Cage Blvd, Pharr, TX 78577
Tropical Texas Behavioral Health	956-289-7000 or 1-800-813-1233 Crisis Hotline 1-877-289-7199	1901 S. 24 th Avenue, Edinburg, TX 78539
Tropical Texas Behavioral Health	956-547-5400 1-800 813-1233 Crisis Hotline 1-877-289-7199	861 Old Alice Rd, Brownsville, TX 78520
Tropical Texas Behavioral Health	956-364-6500 800-813-1233 Crisis Hotline 1-877-289-7199	103 N Loop 499 Harlingen, TX 78550
Tropical Texas Behavioral Health	956-520-8800 1-800 813-1233 Crisis Hotline 1-877-289-7199	2215 W. Business 83 Weslaco, TX 78596

South Texas Behavioral Health	956-388-1300 1-888 977-1400	2102 W. Trenton Rd Edinburg, TX 78539
Valley AIDS Council	956-668-1149	300 S. 2 nd Street Suite 101 McAllen, TX 78501
Valley AIDS Council	956-541-2600	857 E. Washington, Suite G, Brownsville, TX 78520
Valley AIDS Council	956-428-2653	2306 Camelot Plaza Harlingen, TX 78550
Mujeres Unidas	956-630-4878 1-800-580-4879	511 N. Cynthia St, McAllen, TX 78501
Lower Rio Grande Valley Alcoholics Anonymous	Help Line 1-888-880-9718	www.lowrgvaa27.org
Narcotics Anonymous – Lower Rio Grande Valley	956-949-1900 Help Line 1-800-407-7195	www.drugstrategies.org

Title	Contact Information	Website
SAMHSA's National Helpline	1-800-662-HELP (4357)	www.samhsa.gov/find-help/national-helpline
National Suicide Prevention Lifeline	1-800-273-TALK (8255)	suicidepreventionlifeline.org
Behavioral Health Treatment Services Locator	Online Resource	findtreatment.samhsa.gov/
RAINN Hotline	800-656-HOPE (4673)	www.rainn.org/
Mujeres Unidas Hotline	1-800-580-4879	mujeresunidas.org
Not Alone – Together Against Sexual Assault	Online Resource	www.justice.gov/ovw/protecting-students-sexual-assault
National Sexual Assault Hotline	1-800-656-4673	www.rainn.org/about-national-sexual-assault-telephone-hotline
Love is Respect	1-866-331-9474	www.loveisrespect.org
National Domestic Violence Hotline	1-800-799-7233	www.thehotline.org/

Hotlines/Online Resources

Title	Contact Information	Website
SAMHSA's National Helpline	1-800-662-HELP (4357)	www.samhsa.gov/find-help/national-helpline
National Suicide Prevention Lifeline	1-800-273-TALK (8255)	suicidepreventionlifeline.org
Behavioral Health Treatment Services Locator	Online Resource	findtreatment.samhsa.gov/
RAINN Hotline	800-656-HOPE (4673)	www.rainn.org/
Mujeres Unidas Hotline	1-800-580-4879	mujeresunidas.org
Not Alone – Together Against Sexual Assault	Online Resource	www.justice.gov/ovw/protecting-students-sexual-assault
National Sexual Assault Hotline	1-800-656-4673	www.rainn.org/about-national-sexual-assault-telephone-hotline
Love is Respect	1-866-331-9474	www.loveisrespect.org
National Domestic Violence Hotline	1-800-799-7233	www.thehotline.org/

POLICY INVENTORY AND ENFORCEMENT PROCEDURES

Federal and state laws and The Rules and Regulations of the Board of Regents of The University of Texas System require UT RGV to develop policies and enforce sanctions related to the abuse of alcohol and other drugs. These policies and sanctions are only one aspect of the university's initiative to develop a campus community in which alcohol and drugs do not impede the educational mission of the institution.

UT RGV consistently enforces disciplinary sanctions for violations of standards of conduct related to alcohol and drug use. Following is a listing of relevant regulatory programs and program policies:

Policy Inventory

UTRGV Athletics

The department of intercollegiate athletics is concerned with the health, safety and welfare of student-athletes who participate in its programs and represent the University in competitive athletics. The program takes the position that drug testing is appropriate:

- Ensure the health and safety of our student-athletes;
- Promote fair competition in intercollegiate athletics;
- Affirm compliance with NCAA rules and regulations on drug and alcohol abuse; and,
- Identify student-athletes who are improperly using drugs or alcohol and to assist student-athletes before they injure themselves or others, or become physiologically or psychologically dependent

The department of intercollegiate athletics recognizes its responsibility to provide educational programming that will support positive decision-making processes. The overall goal of the department of intercollegiate athletics drug and alcohol education and testing program is to promote a year-round drug free environment in the department of intercollegiate athletics. A drug and alcohol program which embraces an educational screening, and (if necessary) rehabilitation component, will facilitate a positive decision-making process for our student-athletes.

This program and its administration are subject to modification to the Drug and Alcohol Education and Testing Committee. Any modification will only be implemented by action of the director of intercollegiate athletics upon the approval by the president of the university and will not be applied retroactively. Any amendments or modifications shall apply to and be effective for all student-athletes upon notice and acknowledgement by such student-athletes of the program as so amended or modified.

Although this is a student-athlete-based program, student support personnel such as cheerleaders, student managers and student trainers may be included. This program and its sanctions are independent of the NCAA Testing Program.

Dry Recruitment Policy

Fraternity and Sorority Life in the Office of the Dean of Students

The Interfraternity Council adopted a "dry recruitment policy" for all fraternities at the university. This means that no alcohol is to be used or present during any recruitment function whether it is one-on-one or in a large group.

Institutional Drug Testing, UTRGV Department of Intercollegiate Athletics Policies and Procedures 2019-20 NCAA Manual

The University of Texas Rio Grande Valley Athletics Compliance Office

Student-athletes are required to acknowledge and consent to institutional drug testing policies and procedures annually as a requirement of participation in intercollegiate athletics. UTRGV Athletics conducts a required orientation for all incoming student-athletes annually, during which the Student-Athlete Manual is reviewed and distributed. The manual includes content regarding drug education, the drug-testing program, banned substances lists, and implications for positive tests. The manual is also referenced in required annual forms acknowledging various student-athlete policies (e.g., code of conduct). UTRGV Athletics ensures compliance with policy enforcement via a separation of duties and various checks and balances in monitoring and

enforcement. UTRGV Athletics will continue to evaluate and clarify the current policies regarding consistent enforcement of sanctions.

Residence Hall Institutional Rules on Student Services and Activities

Residence Hall Student Discipline – Drug- and Alcohol-related Cases

Student discipline is handled internally in DHRL, but all alcohol and drug-related cases are automatically referred to the Office of the Student Rights and Responsibilities. DHRL staff members assist in gathering information for these cases, where appropriate. Discipline is based on a model of educational responsibility. Policies are written in the interest of basic standards of conduct in the community, and on resident safety and student development. Educational sanctions are applied to violations of policy to assist students in their development and recognition of their behavior's impact on the community, and to help them understand the policies and why they exist. It is not a system designed to punish residents.

Student Amnesty for Alcohol and Other Drug Emergencies

The Office of Student Rights and Responsibilities

Student Amnesty for Alcohol and Other Drug Emergencies applies to current UTRGV students and allows them to avoid formal university disciplinary action or the creation of a formal disciplinary record when they call 911 for help with an alcohol medical emergency. Student Amnesty for Alcohol Emergencies applies in the case of the following: possession of alcohol by a minor, unauthorized possession or use of alcohol on campus, consumption of alcohol by a minor and intoxication as a result of using alcohol. Amnesty may be granted to the UTRGV student(s) calling for help, as well as the student who is experiencing the medical emergency. Student Rights and Responsibilities deems students appropriate for amnesty when they are referred for alcohol-related incidents. There are limitations to this program and inclusion in the program is not automatic.

Student Conduct Process

The Office of Student Rights and Responsibilities

Student Conduct and Academic Integrity routinely receives reports of alleged violations of university rules from campus offices (e.g., UTRGV Police Department, University Housing and Residence Life, Parking and Transportation Services, Information Technology Services, etc.), as well as individual faculty members and students. In response to such a report, the unit generally schedules a meeting with the student to discuss the suspected violation(s). Assessed sanctions vary with the circumstances, including the nature of the violation(s). Sanctions can include, but are not limited to the following: written warning, disciplinary probation, alcohol and other drug education programs, suspension of rights/privileges, restitution, community service, counseling, grade-related sanctions (only in cases of academic dishonesty), bar against readmission, deferred suspension, suspension or expulsion.

The Student Organization Handbook in the Center for Student Involvement

The Office of the Dean of Students

The Student Organization handbook serves as a tool for the Center for Student Involvement staff, enabling them to more effectively advise student organizations regarding risk management and university policies. While event preplanning is required only for events on campus, student organizations are encouraged to utilize this resource for off-campus events, where the potential for high-risk behavior may be much greater. The Student Organization handbook promotes conversation on a number of safety topics including fire, alcohol, and food safety and provides references for further explanation of these topics.

Enforcement Procedures

University Standards of Conduct

Series 50101, Section 2.1 of the Rules and Regulations of the Board of Regents of the University of Texas System provides that all students are expected and required to obey federal, State, and local laws; to comply with the Regents' Rules and Regulations, with The University of Texas System ("UT System") and institutional rules and regulations, and directives issued by administrative officials of UT System or UT System institution in the course of their authorized duties; and to observe standards of conduct appropriate for an academic institution. A student's failure to do so may result in disciplinary action instituted against the student, regardless of whether such conduct occurs on or off campus or whether civil or criminal penalties are also imposed for such conduct.

Series 50101, Section 2.2 of the Rules and Regulations of the Board of Regents of the University of Texas System provides that each institution shall adopt rules and regulations concerning student conduct and discipline. Such rules shall be in accordance with a model policy developed by the Office of General Counsel that complies with state and federal law, Regents' Rules, and UT System policies. Institutional rules shall become effective upon review and approval by the Executive Vice Chancellor for

Academic Affairs, as appropriate, and by the Vice Chancellor and General Counsel. Each student is deemed to have notice of the provisions of the Regents' Rules and Regulations and institutional policies.

STU 02-100 B. Drugs Any student who is found responsible for the illegal use, possession, or sale of a drug or narcotic is subject to discipline.

STU 02-100 C. Alcohol Any student who violates state and federal laws or regulations which regulate and control the sale or use of alcohol on campus, including those pertaining to the possession of alcohol by minors, is subject to discipline. UTRGV regulations prohibit the possession or consumption of alcoholic beverages on UTRGV property without prior written authorization by appropriate administrative officials. Customers of legal age under state law may purchase and consume alcoholic beverages in areas on the campus specifically designated for the public sale and consumption of beer and wine, and residents of University Housing are authorized to possess and consume beer and wine in the privacy of their living quarters, if they are of legal age under state law and comply with University Housing regulations.

University Sanctions –Employees

Alcohol

Employees who are under the influence, possess, use or furnish alcohol to a minor violates University policy ADM 04-109: *Alcohol and Drug Free Workplace* www.utrgv.edu/hop/policies/adm-04-109.pdf and may receive appropriate sanctions, up to and including termination.

Drugs

Possession or use of illegal drugs on University property or any other property where University business is being carried out is a violation of University policy. Unlawful manufacture, distribution, dispensing, possession, or use of any drug or controlled substance is a violation of University policy. Employees who violate these rules may be subject to sanctions up to and including termination.

For more information about the University's Alcohol Policy and the University's Drug Free Workplace Policy visit the Office of Student Rights and Responsibilities webpage at: www.utrgv.edu/srr/

ADM 04-109- Alcohol and Drug Free Work Place

D. Policy

1. Unauthorized purchase, manufacture, distribution, possession, sale, storage or use of an illegal drug or controlled substance while on duty, while in or on premises or property owned or controlled by UTRGV, or while in vehicles used for UTRGV business, is prohibited.
2. The unauthorized use or possession of alcohol while on duty or while in vehicles used for UTRGV business is prohibited.
3. Use of alcohol or an illegal drug or controlled substance while not on duty which adversely affects job performance or may adversely affect the health or safety of other employees, students, or visitors is prohibited.
4. Use of alcohol at an authorized UTRGV function, in the course of official UTRGV business, or at an authorized UTRGV site which adversely affects job performance or may adversely affect the health or safety of any other person is prohibited.
5. Published warnings about prescribed or over-the-counter medication and its impact on work performance or the adverse effects on the safety of others must be heeded by the employee. A supervisor's advice and assistance may be necessary when job adjustments are required to ensure an employee's ability to perform assigned work in a safe manner because of such medications.
6. Distribution to others of a drug or controlled substance obtained pursuant to a prescription, except by duly licensed and certified persons, while on duty or while in or on premises or property controlled by UTRGV is prohibited.
7. Employees who use illegal drugs or abuse controlled substances or alcohol are encouraged to seek help from available resources.
8. All employees are required to notify their supervisor, in writing, within five (5) business days, of any criminal complaint, information, indictment, no contest plea, guilty plea or criminal conviction under a criminal drug statute (excluding misdemeanor offenses punishable only by fine). The supervisor receiving a self-report must provide the information to the Human Resources Employee Relations Manager.

9. Having received such notice or otherwise obtaining actual notice, a supervisor is required to make a report within ten (10) calendar days to a contracting officer if required under the terms of the grant or contract. A supervisor will initiate personnel action within thirty (30) calendar days of being notified, if required under the terms of the grant or contract.

Sanctions under University Rules and Regulations

Students

Students caught or suspected of possessing, using, and/or distributing drugs prohibited by state, federal or local law will be subject to university discipline, including imposition of a written warning, disciplinary probation, suspension, financial responsibility for damage to or misappropriation of university property, educational sanctions including permanent expulsion, and such other sanctions deemed appropriate.

Employees

The unlawful use, possession, and/or distribution of drugs or alcohol, or engaging in conduct prohibited by university policy regarding the manufacture, sale, possession, distribution, or use of alcohol or illegal drugs will result in disciplinary probation, demotion, suspension without pay, or termination.

Penalties under Local Laws

Local penalties and ordinances related to drug and alcohol violations are reflected in state law and are charged and addressed as such.

Penalties under State of Texas Law

Manufacture of Delivery of Controlled Substances (Drugs). The minimum penalty is confinement in jail for a term of not more than two years or less than 180 days, and a fine not to exceed \$10,000. The maximum penalty is confinement in Texas Department of Corrections ("TDC") for life or for a term of not more than 99 years nor less than fifteen years, and a fine not to exceed \$250,000.

Possession of Controlled Substances (Drugs). The minimum penalty is confinement in jail for a term of not more than two years or less than 180 days, and a fine not to exceed \$10,000. The maximum penalty is confinement in TDC for life or for a term of not more than 99 years nor less than fifteen years, and a fine not to exceed \$250,000.

Delivery of Marijuana. The minimum penalty is confinement in jail for a term of not more than 180 days, a fine not to exceed \$2,000, or both. The maximum penalty is imprisonment for life or for a term of not more than 99 nor less than ten years, and a fine not to exceed \$100,000.

Possession of Marijuana. The minimum penalty is confinement in jail for a term of not more than 180 days, a fine not to exceed \$2,000, or both. The maximum penalty is confinement in TDC for life or for a term of not more than 99 nor less than five years, and a fine not to exceed \$250,000.

Driving While Intoxicated (includes intoxication from alcohol, drugs, or both). The minimum penalty is confinement in jail for a term of not more than 180 days nor less than 72 hours, and a fine of not more than \$2,000. The maximum penalty is imprisonment for a term of not more than ten years nor less than two years, and a fine not to exceed \$10,000.

Public Intoxication. The minimum penalty is a fine not to exceed \$500. The maximum penalty varies with age and number of offenses.

Purchase of Alcohol by a Minor. The minimum penalty is a fine not to exceed \$500. The maximum penalty varies with age and number of offenses.

Consumption or Possession of Alcohol by a Minor. The minimum penalty is a fine not to exceed \$500. The maximum penalty varies with number of offenses.

Purchasing for or Furnishing of Alcohol to a Minor. The minimum penalty is a fine not to exceed \$4,000 or confinement in jail for a term not to exceed one year, or both. The maximum penalty is a fine not to exceed \$4,000 or confinement in jail for a term not to exceed one year, or both.

The penalties described above are based on applicable State of Texas statutes and are subject to change at any time by the Texas Legislature and the Governor of Texas. Please refer to the applicable State of Texas statute for additional information.

Penalties under Federal Law

Manufacture, Distribution, or Dispensing of Drugs (including marijuana). The minimum penalty is a term of imprisonment for up to three years and a fine of \$250,000, or both. The maximum penalty is a term of life imprisonment without release (no eligibility for parole) and a fine not to exceed \$8,000,000 for an individual or \$20,000,000 (if other than an individual).

Possession of Drugs (including marijuana). The minimum penalty is imprisonment for up to one year and a fine of not less than \$1,000, or both. The maximum penalty is imprisonment for not more than 20 years nor less than five years and a fine of not less than \$5,000 plus costs of investigation & prosecution.

Distribution of Drugs to a Person Under 21 Years of Age. The minimum penalty is double the federal penalty for distribution of drugs. The maximum penalty is triple the federal penalty for distribution of drugs.

The federal penalties described above are based on applicable federal statutes and are subject to change at any time by the US Congress and the President of the United States. There are additional factors in the federal sentencing guidelines, including various enhancement provisions for prior offenses. *Title 21 U.S.C. Section 860* provides that the federal statutory penalties double (and in some cases triple) when a controlled substance is distributed (or even possessed with intent to distribute) within 1,000 feet of a school or a public university. Please refer to the applicable federal statute for additional information.

Other Reference Information

Texas State Government Code

- Alcoholic Beverage Code: Title 4. Regulatory and Penal Provisions – Chapter 101. General Criminal Provisions
- Alcoholic Beverage Code: Title 4. Regulatory and Penal Provisions – Chapter 106. Provisions Relating to Age
- Government Code – Title 10. General Government – Subtitle C. State Accounting, Fiscal Management, and Productivity – Chapter 2113. Use of Appropriated Money – Subchapter A. General Provisions
- Health & Safety Code: Title 2. Health – Subtitle H. Public Health Provisions – Chapter 161. Public Health Provisions
- Health & Safety Code: Title 6. Food, Drugs, Alcohol, and Hazardous Substances – Subtitle C. Substance Abuse Regulation and Crimes – Chapter 481. Texas Controlled Substances Act

The Rules and Regulations of The University of Texas System Board of Regents

- Series 30601 – Discipline and Dismissal of Classified Employees
- Series 50101 – Student Conduct and Discipline
- Series 80102 – Alcoholic Beverages Series 80111 – Smoke Free or Tobacco Free Policies
- UTS102 – Drugs and Alcohol Policy

UTRGV Handbook of Operating Procedures

- ADM 04-108 Tobacco-Free Workplace Policy

- ADM 04-109 Alcohol and Drug Free Workplace

University Housing and Dining Policies

- 2020-2021 Resident Handbook

34 Code of Federal Regulations (CFR) – Part 86 – Drug and Alcohol Abuse Prevention

- Federal Regulations
- Compliance Checklist

2020-2021 NCAA Division I Manual

- Article 3.2.4.8 Drug-Testing Program and Consent Form
- Article 10 – Ethical Conduct (10.2 Knowledge of Use of Banned Drugs)
- Article 11 – Conduct and Employment of Athletics Personnel
- Article 12 – Amateurism and Athletics Eligibility (Bylaw 12.7.3 – Drug-Testing Consent Form)
- Article 18 – Championships and Postseason Football (Bylaw 18.4.1.4 – Ineligibility for Use of Banned Drugs)
- Article 31 – Executive Regulations (Bylaw 31.2.2 – Individual Eligibility)

ALCOHOL AND DRUG SANCTION REPORTING

The 2022 Biennial Review contains a list of all documented alcohol and drug cases adjudicated at the institution. Student Conduct and Academic Integrity is the unit within the Office of Student Rights and Responsibilities that administers the university's student disciplinary process. The office adopts a "risk management strategy" in dealing with alcohol and drug violations. Students found in violation of the university's rules pertaining to alcohol and drugs may be assessed a variety of sanctions and are often referred to the Health Promotion Resource Center and the UTRGV Counseling Center as part of the supportive referral process.

During the 2019-2020 academic year, there were a total of 126 alcohol violations and 36 drug violations. During the 2020-2021 academic year, there were a total of 68 alcohol violations and 5 drug violations. The following tables illustrate the totals for alcohol and drug violations and the sanctions that were assessed. For both the 2019-2020 and 2020-2021 academic years, some students had concurrent alcohol and drug violations or multiple alcohol and drug violations in a short period of time that were resolved together. Additionally, some students received a combination of sanctions (i.e., a period of suspension followed by a period of disciplinary probation). Therefore, the totals for sanctions may not match the total number of violations. Finally, some students may have been found responsible for both alcohol and drug violations in the same incident, which would be reflected in both tables for the respective academic year.

The dramatic decrease in Total Cases Assessed reflects the effect of the COVID Pandemic on student conduct. UTRGV closed campus and shifted from in-person instruction to virtual instruction for the last 3 semesters of the 2019-2020 academic year and during the entire 2020-2021 academic year.

2019-2020 ALCOHOL VIOLATIONS	
Sanction	Total Assessed
AlcoholEdu	0
BASICS Alcohol Education	23
Community Service	18
Community Service Reflection Essay	0
Counseling Services	0

Deferred Suspension	0
Disciplinary Probation	29
Expulsion	0
Housing Probation	0
Loss of Privileges	2
Random Drug Testing	0
Reflection assignment	41
Restriction	0
Substance Abuse Services	0
Suspension	0
Suspension of Guest Privileges	4
Suspension of Visitation Privileges	8
Warning	1

2019-2020 DRUG VIOLATIONS	
Sanction	Total Assessed
AlcoholEdu	0
BASICS Alcohol Education	0
Community Service	5
Community Service Reflection Essay	0
Counseling Services	0
Deferred Suspension	1
Disciplinary Probation	11
Expulsion	0
Housing Probation	0
Loss of Privileges	0
Random Drug Testing	0
Reflection assignment	13
Restriction	0
Substance Abuse Services	0
Suspension	0
Suspension of Guest Privileges	1
Suspension of Visitation Privileges	5
Warning	0

2020-2021 ALCOHOL VIOLATIONS	
Sanction	Total Assessed
AlcoholEdu	0
BASICS Alcohol Education	14
Community Service	1
Community Service Reflection Essay	0
Counseling Services	0

Deferred Suspension	0
Disciplinary Probation	14
Expulsion	0
Housing Probation	5
Loss of Privileges	0
Random Drug Testing	0
Reflection assignment	17
Restitution	0
Substance Abuse Services	0
Suspension	0
Suspension of Guest Privileges	0
Suspension of Visitation Privileges	13
Warning	4

2020-2021 DRUG VIOLATIONS	
Sanction	Total Assessed
AlcoholEdu	0
BASICS Alcohol Education	1
Community Service	1
Community Service Reflection Essay	0
Counseling Services	0
Deferred Suspension	0
Disciplinary Probation	1
Expulsion	0
Housing Probation	1
Loss of Privileges	1
Random Drug Testing	0
Reflection assignment	0
Restitution	0
Substance Abuse Services	0
Suspension	0
Suspension of Guest Privileges	0
Suspension of Visitation Privileges	0
Warning	0

PROCEDURES FOR WRITTEN ALCOHOL AND OTHER DRUG INFORMATION AND POLICIES DISTRIBUTED TO STUDENTS AND EMPLOYEES

A Drug-Free University

In compliance with the Drug-Free Schools and Communities Act, UT Rio Grande Valley publishes information regarding the university's educational programs related to drug and alcohol abuse prevention; sanctions for violations of federal, state, and local laws and university policy; a description of health risks associated with alcohol and other drug use; and a description of available treatment programs for UT Rio Grande Valley students and employees.

The university provides information for students and employees each fall regarding illicit drug and alcohol abuse, including standards of conduct, health risks, state and federal penalties, and available drug or alcohol counseling and rehabilitation services.

RECOMMENDATIONS

A foundational goal of UTRGV is to provide programs, facilities, and services that foster a culture of health, wellness and safety among the campus community. This goal clearly aligns with the central purpose of the Drug Free Schools and Campuses Regulations.

UTRGV is actively engaged in this effort, as evidenced by our substantial program and policy inventories, there currently exists no unified or central agency that directs or oversees the successes of the university in meeting its alcohol and other drug-related goals. Therefore, the recommendation is that university create a committee or task force responsible for developing a strategic plan regarding its efforts to support the health safety, and success of its students, specifically focusing on alcohol and other drug-related activity among the campus community.

This committee would consist of members from key UTRGV organizations, such as leaders from University Health Services, The Counseling Center, The Center for Students in Recovery, Student Government Association, and Student Rights and Responsibilities.

Together, they would be responsible for developing alcohol and other drug-related goals and objectives, monitoring campus-wide efforts to continuously approve, and documenting the overall success of the university in meeting its goals.

It is also recommended that the university strengthen its ability to assess the various alcohol and other drug programs on campus. As part of our review, we found that our institution does not have a consistent way of assessing the effectiveness of these programs on the overall health and safety of the campus community. This suggests that departments and units may need additional support in developing assessment plans that complement our efforts in providing alcohol and other drug-related programming.

To this end, we should invest effort in standardizing assessment practices that facilitate cross-campus collaborations and longitudinal studies. The establishment of a committee that oversees the university's alcohol and other drug-related programs would be more effectively able to centralize data, align efforts, and maintain accountability across campus for implementation and assessment.