Drug-Free Schools and Communities Act

2020 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.

CORE PURPOSE AND MISSION: INSTITUTIONAL

**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 through 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 of the effects of alcohol and other drugs, and the recovery and support of all those negatively affected.

**Standards of Conduct for Students includes:** 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.

**Standards of Conduct for Employees includes:** 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.

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 of 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 Employee.” 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
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 for open inquiry, discovery, and creativity of the university community inspires 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 Wellbeing**: 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

*Vaquero 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

“To be the nation’s premier Hispanic-serving institution and a highly engaged bilingual university, with exceptional educational, research, and creative opportunities that serve as a catalyst for transformation in the Rio Grande Valley and beyond.”

CORE PURPOSE AND MISSION: DEPARTMENTAL

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:

**Counseling and Mental Health Center** helps students with their personal concerns so that they may better meet the daily challenges of student life. The department 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 is also available to students, faculty and staff.
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:

- **Sorority and Fraternity 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, Latino Pan-Hellenic Council, National Pan-Hellenic Council, Texas Asian Pan-Hellenic Council, University Panhellenic Council and Affiliate Group Member Organizations.

- **Student Activities** 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.

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

The Center for Students in Recovery provides a supportive community where students in recovery and in hope of recovery can achieve academic success while enjoying a genuine college experience free from alcohol and other drugs. The department offers ongoing support, a community of peers in recovery and a safe space for students in recovery or seeking recovery. Participation in the inclusive community is free and completely voluntary. The department provides ongoing programs that support recovery such as sober social activities, 12-step meetings, services and volunteer opportunities on campus in the community and peer support.

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.
University Housing and Dining 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 Police Department employs more than 178 dedicated individuals interested in 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 1968, the department is accredited through the Commission on Accreditation for Law Enforcement Agencies.

UT Wellness Network is a campus-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 works toward 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 strategies and policy changes. Its Committee on Substance Safety and Overdose Prevention works to address substance use safety and overdose prevention in the campus community.

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 has adopted and implemented 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 alcohol and other drug efforts toward 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.

The 2019 Biennial Review is a summary of programs, polices and services for the 2016-2017 and 2017-2018 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.
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

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.

Liver
Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including:
- Steatosis or fatty liver
- Alcoholic hepatitis
- Fibrosis
- Cirrhosis

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

Cancer
Based on extensive reviews of research studies, there is a strong scientific consensus of an association between alcohol drinking and 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 research 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. Based on data from 2009, an estimated 3.5 percent of all cancer deaths in the United States (about 19,500 deaths) were alcohol related. Clear patterns have emerged between alcohol consumption and the development of the following types of cancer

- **Head and neck cancer.** Moderate to heavy alcohol consumption is associated with higher risks of certain head and neck cancers. Moderate drinkers have 1.8-fold higher risks of oral cavity (excluding the lips) and pharynx (throat) cancers and 1.4-
fold higher risks of larynx (voice box) cancers than non-drinkers, and heavy drinkers have 5-fold higher risks of oral cavity and pharynx cancers and 2.6-fold higher risks of larynx cancers. Moreover, the risks of these cancers are substantially higher among persons who consume this amount of alcohol and also use tobacco.

- **Esophageal cancer.** Alcohol consumption at any level is associated with an increased risk of a type of esophageal cancer called esophageal squamous cell carcinoma. The risks, compared with no alcohol consumption, range from 1.3-fold higher for light drinking to nearly 5-fold higher for heavy drinking. 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.** Heavy alcohol consumption is associated with approximately 2-fold increased risks of two types of liver cancer (hepatocellular carcinoma and intrahepatic cholangiocarcinoma).

- **Breast cancer.** Epidemiologic studies have consistently found an increased risk of breast cancer with increasing alcohol intake. Pooled data from 118 individual studies indicates that light drinkers have a slightly increased (1.04-fold higher) risk of breast cancer, compared with nondrinkers. The risk increase is greater in moderate drinkers (1.23-fold higher) and heavy drinkers (1.6-fold higher). An analysis of prospective data for 88,000 women participating in two US cohort studies concluded that for women who have never smoked, light to moderate drinking was associated with a 1.13-fold increased risk of alcohol-related cancers (mostly breast cancer).

- **Colorectal cancer.** Moderate to heavy alcohol consumption is associated with 1.2- to 1.5-fold increased risks of cancers of the colon and rectum compared with no alcohol consumption.

Sources: The National Institute on Alcohol Abuse and Alcoholism, National Cancer Institute

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**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.

**Simulants (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 are 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, and 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 THV 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 that the user might expect.

• Elevated Mood, relaxation
• Altered perception-awareness of surrounding objects and conditions
  o 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 site 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 insolvents 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

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 Counseling Center and Psychological Services
(956) 665-2574 Edinburg
(956) 882-3896 Brownsville/Harlingen

Services offered include triage, intake, screening and assessment for substance abuse, mental health, and cooccurring problems. Services also include individual and group counseling for issues related to abuse, addiction recovery, and recovery maintenance. These services include referrals for education and other support services within the university community and the community at large. All clinical services in substance abuse are provided by an experienced and licensed addiction therapist.

In addition, Peer to Peer education and prevention is provided by the Super Hero Project and 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 and 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.

Center for Students in Recovery
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 is a safe environment that allows students struggling with additions to support each other in developing ways to sustain a life of recovery while improving self-confidence in both the academic and social environments.

Counseling and Mental Health Center
The Counseling Center provides individual and group clinical services. This is a program for students who are seeking mental health counseling and as need substance use counseling is incorporated. This counseling program is a team of professionals who are dedicated to supporting student’s physical and emotional well-being. A primary purpose of the program is to provide a screening, give students feedback regarding their recommended course of treatment, and provide short-term therapy services. Students speak privately and confidentially with a licensed counseling or counseling intern specializing in mental health. Sessions are conducted in a caring, non-judgmental atmosphere. No referral is required.
**BASICS**

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 is an opportunity for students 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 consist 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 risk of alcohol-related harm and any negative effects of their alcohol use.

The second session is conducted in an individual format where the student receives his or her feedback report and the facilitator discusses the report with the student. Students learn 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 students 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 for 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.

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.

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.

Residence Life Educational Programming

University Housing and Dining
Residence Life staff focus programming in the residence halls on a variety of life skills, one of which is alcohol and another, drug awareness. Additionally, University Housing and Dining 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.

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 longhorns 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 motivation to choose to respond and, finally, take a situation-appropriate form of action.
PROGRAM INVENTORY: INTERVENTION

Strong efficacious interventions are included in the university's 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.

Counseling and Mental Health Center Crisis Line

The Vaqueros Crisis Line is a confidential service of the Counseling Center that offers an opportunity for UTRGV students to talk with trained counselors about urgent concerns. A counselor is available every day of the year, including holidays. Students can call the Vaqueros Crisis Line when they want, at their convenience. Crisis counselors will spend time addressing their immediate needs and have specific training in responding to crisis situations.

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, 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.

Counseling and Mental Health 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.
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.

The Center for Students in Recovery

The Center for Students in Recovery 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 recovery-related resources, community support groups and inpatient and outpatient treatment. Participation in the center and recovery supportive activities is free and available to students at any point in their recovery journey.

<table>
<thead>
<tr>
<th>Service</th>
<th>Total</th>
</tr>
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<tbody>
<tr>
<td>CRP Alcohol/drug abuse prevention education/consultation (Drop-ins)</td>
<td>113</td>
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<tr>
<td>CRP Classroom Presentations</td>
<td>2,180</td>
</tr>
<tr>
<td>Sober Activity Events</td>
<td>1,708</td>
</tr>
<tr>
<td>CRP Support Groups</td>
<td>1,168</td>
</tr>
<tr>
<td>CRP Tablings</td>
<td>1,801</td>
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<table>
<thead>
<tr>
<th>Service</th>
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</thead>
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<tr>
<td>CRP Alcohol/drug abuse prevention education/consultation (Drop-ins)</td>
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<tr>
<td>CRP Classroom Presentations</td>
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<tr>
<td>Sober Activity Events</td>
<td>1,468</td>
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<tr>
<td>CRP Support Groups</td>
<td>443</td>
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<td>Tablings</td>
<td>497</td>
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<tr>
<td><strong>BASICS</strong></td>
<td><strong>23</strong></td>
</tr>
</tbody>
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### On Campus Support and Resources (available to students)

<table>
<thead>
<tr>
<th>Office</th>
<th>Contact Information Edinburg</th>
<th>Brownsville/Harlingen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counseling Center</td>
<td>(956) 665-2574</td>
<td>(956) 882-3897</td>
</tr>
<tr>
<td>Health Services</td>
<td>(956) 665-2511</td>
<td>(956) 882-3896</td>
</tr>
<tr>
<td>Collegiate Recovery Center</td>
<td>(956) 665-2574</td>
<td>(956) 882-3896</td>
</tr>
<tr>
<td>The University Police Department</td>
<td>(956) 665-7151</td>
<td>(956) 882-8232</td>
</tr>
</tbody>
</table>

### Community Resources

<table>
<thead>
<tr>
<th>Office</th>
<th>Contact Information</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Palmer Drug Abuse Program</td>
<td>(956) 687-7714</td>
<td>115 N. 9th Street, McAllen, TX</td>
</tr>
<tr>
<td>Behavioral Health Solutions of South Texas</td>
<td>(956) 787-7111</td>
<td>5510 N. Cage Blvd, Pharr, TX</td>
</tr>
<tr>
<td>(Most commonly known as Rio Grande Valley</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Council)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Al-Anon/Alcoholics Anonymous</td>
<td>(956) 213-5300 or (956) 544-8530</td>
<td>N/A</td>
</tr>
<tr>
<td>Tropical Texas Behavioral Health</td>
<td>(956) 289-7000 or (800) 813-1233</td>
<td>1901 S. 24th Avenue, Edinburg, TX</td>
</tr>
<tr>
<td>Tropical Texas Behavioral Health</td>
<td>(956) 547-5400</td>
<td>861 Old Alice Rd, Brownsville, TX</td>
</tr>
<tr>
<td>(800) 813-1233</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tropical Texas Behavioral Health</td>
<td>(956) 364-6500</td>
<td>103 N Loop 499, Harlingen, TX</td>
</tr>
<tr>
<td>(800) 813-1233</td>
<td></td>
<td></td>
</tr>
<tr>
<td>South Texas Behavioral Health</td>
<td>(956) 388-1300</td>
<td>2102 W. Trenton Rd, Edinburg, TX</td>
</tr>
<tr>
<td>(888) 977-1400</td>
<td></td>
<td></td>
</tr>
<tr>
<td>South Texas Behavioral Health</td>
<td>(956) 350-3683</td>
<td>864 Central Blvd Suite 500B Brownsville, TX 78520</td>
</tr>
<tr>
<td>(888) 977-1400</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Valley Aids Council</td>
<td>(956) 668-1155</td>
<td>601 N. McColl Rd, McAllen, TX</td>
</tr>
<tr>
<td>Mujeres Unidas</td>
<td>(956) 630-4878</td>
<td>511 N. Cynthia St, McAllen, TX</td>
</tr>
<tr>
<td>Narcotics Anonymous-Brownsville</td>
<td>Help Line 1-800-559-9503</td>
<td><a href="http://www.drugstrategies.org">http://www.drugstrategies.org</a></td>
</tr>
</tbody>
</table>
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.

**Hotlines/Online Resources**

<table>
<thead>
<tr>
<th>Title</th>
<th>Contact Information</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAMHSA’s National Helpline</td>
<td>1-800-662-HELP (4357)</td>
<td>beta.samhsa.gov/find-help/national-helpline</td>
</tr>
<tr>
<td>National Suicide Prevention Lifeline</td>
<td>1-800-273-TALK (8255)</td>
<td><a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a></td>
</tr>
<tr>
<td>Behavioral Health Treatment Services Locator</td>
<td></td>
<td><a href="https://findtreatment.samhsa.gov/">https://findtreatment.samhsa.gov/</a></td>
</tr>
<tr>
<td>RAINN Hotline</td>
<td>800-656-HOPE (4673)</td>
<td><a href="https://www.rainn.org/about-national-sexual-assault-">https://www.rainn.org/about-national-sexual-assault-</a></td>
</tr>
<tr>
<td>Mujeres Unidas Hotline</td>
<td>1-800-580-4879</td>
<td><a href="https://www.justice.gov/ovw/protecting-students-sexual-">https://www.justice.gov/ovw/protecting-students-sexual-</a></td>
</tr>
<tr>
<td>Not Alone – Together Against Sexual Assault</td>
<td></td>
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<tr>
<td>National Sexual Assault Hotline</td>
<td>800-656-4673</td>
<td>N/A</td>
</tr>
<tr>
<td>Love is Respect</td>
<td>866-331-9474</td>
<td>N/A</td>
</tr>
<tr>
<td>National Domestic Violence Hotline</td>
<td>800-799-7233</td>
<td>N/A</td>
</tr>
</tbody>
</table>
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

**Sorority and Fraternity 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. Likewise, the University Panhellenic Counsel adheres to the National Panhellenic Council Unanimous Agreement that prohibits alcohol involvement with any sorority recruitment function.

**Institutional Drug Testing, Student-Athlete Manual**

**UTRGV Athletics – Intercollegiate Men’s Athletics/Intercollegiate Women’s Athletics**

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**

**Office of the Dean Of Students, University Housing and Residence Life**

While student discipline is handled internally in University Housing and Residence Life, there are several types of cases that are automatically referred to the Office of the Student Rights and Responsibilities. These case types include all drug-related cases, as outlined in the Student Code of Conduct, and any activities that endanger the health and safety of residents.” University Housing and Residence Life 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 Event Planning Guide and Event Planning Consultation Protocol Student Activities in the Office of the Dean of Students

The Student Organization Event Planning Guide serves as a tool for Student Activities 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 organization are also encouraged to utilize these resources for off-campus events, where the potential for high-risk behavior may be much greater. The Student Organization Event Planning Guide prompts conversation on a number of safety topics including fire, alcohol, and food safety and provides references for further explanation of these topics.

University Panhellenic Council Bylaws

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

The University Panhellenic Council approved and updated its bylaws regarding the Council’s Social Affairs Guidelines, which include Community Alcohol Education Standards and Rules Regarding Events.
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 uses, possesses or sells drugs or narcotics on campus or at a campus related event is subject to discipline. If a student is found responsible for the illegal use, possession, or sale of a drug or narcotic on campus, the minimum sanction assessed shall be suspension from UTRGV for a specified period of time or suspension of rights and privileges.

STU 02-100 C. Alcohol The unauthorized use or possession of any intoxicating beverage in a UTRGV facility or campus grounds or while participating in a UTRGV Sponsored trip including, but not limited to minor in possession, public intoxication, allowing minors access, or any violation of UTRGV policies concerning alcohol and other drugs.

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 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 $250,000.

**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 $10,000.

**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

• 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
University Housing and Dining Policies


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

- Federal Regulations
- Compliance Checklist

### ALCOHOL AND DRUG SANCTION REPORTING

As amended in the Higher Education Opportunities Act of 2008, the 2019 Biennial Review contains a list of all documented alcohol and drug cases adjudicated at the institution. Student Conduct and Academic Integrity is a unit within the Office of Student Rights and Responsibilities and 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 Counseling and Mental Health Center as part of the disciplinary referral process.

During the 2017-2018 academic year, there were a total of 213 alcohol and 74 drug violations. During the 2018-2019 academic year, there were a total of 114 alcohol and 21 drug violations. The following tables illustrate the totals for alcohol and drug violations and the sanctions that were assessed. Please note that 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.
### 2018-2019 ALCOHOL VIOLATIONS

<table>
<thead>
<tr>
<th>Sanction</th>
<th>Total Assessed</th>
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</thead>
<tbody>
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<tr>
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<tr>
<td>Community Service Reflection Essay</td>
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</tr>
<tr>
<td>Housing Probation</td>
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</tr>
<tr>
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</tr>
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### 2017-2018 ALCOHOL VIOLATIONS

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<tr>
<td>Suspension</td>
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<td>Expulsion</td>
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### 2018-2019 DRUG VIOLATIONS

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### 2017-2018 DRUG VIOLATIONS

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<tr>
<td>Expulsion</td>
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<tr>
<td>Restriction</td>
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NOTE: For both the 2017-2018 and 2018-2019 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 may receive 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.

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.

However, 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 UT RGV organizations, such as leaders from University Health Services, Counseling and Mental Health 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 effect 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 facilitates 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 not only implementing crucial programming, but its assessment as well.