



# La Sierra

## UNIVERSITY

### **Drug & Alcohol Standards For Students**

#### **DECORUM AND LIFESTYLE**

Christian decorum assumes that community members deal with one another in a Christ-like manner. Therefore, La Sierra students:

- *Respect the community by using appropriate language and refrain from cursing and addressing one another in a derogatory or demeaning manner.*
- *Respect the community by refraining from inappropriate displays of affection or sexual behavior. Maintain Christian standards when decorating their rooms with wall posters, artistic hangings, and avoid offensive material.*
- *Respect the property of community members and University by refraining from stealing or cheating of any kind.*
- *Respect others and the University by refraining from lying, plagiarizing, misuse of University computers, and other fraudulent activities.*
- *Respect others by refraining from using personal computers to demean, threaten, slander, or display material that directly opposes the values of the University.*
- *Respect oneself by living a healthy lifestyle and refraining from the use of alcohol, tobacco and drugs.*

*(See page 21 of the Student Handbook)*

#### **ALCOHOL/SUBSTANCE USE AND ABUSE**

La Sierra University provides students, faculty, and staff with an alcohol-drug and tobacco-free environment. All illegal drugs and substances are strictly prohibited from use on the La Sierra campus and properties. Students, faculty, and staff should not take medication of any kind unless it has been prescribed for them by their physician or by medical personnel at Student Health Service. Also, students, faculty, and staff are forbidden to dispense any type of medicine, both prescription and non-prescription, to other university students, faculty, or staff members. Pretended or deliberate overdose of

any drugs suggests serious emotional problems. The university will take appropriate action.

In addition, the university does not tolerate the possession, use, sale, or distribution of illegal drugs on campus. Anyone (student, faculty, staff, or visitor) found in violation of state and/or federal law with regard to alcohol or drugs may be subjected to the university conduct system as well as to external legal proceedings. The Department of Residential Life, La Sierra University Security, Human Resources, and the Office of Student Life will prosecute rigorously all violations of drug policies. Students involved in such violations are subject to expulsion and financial loss of housing, tuition, registration, and other fees.

If you have any questions about alcohol or drugs, contact Student Health Services at (951) 785- 2200. Questions concerning the policies and/or health risks of alcohol/drugs and tobacco may be obtained at the Human Resources Department at (951) 785-2088, the Office of Student Life at (951) 785-2100, Counseling Center at (951) 785-2011 or Student Health Services at (951) 785-2200. For confidential evaluation and/or assistance with alcohol or drug related issues see the Counseling Center.

*(See page 42 in the Student Handbook)*

## **THE LA SIERRA STUDENT CODE OF CONDUCT**

### **OFFENSES AGAINST THE STATE OF CALIFORNIA AND THEIR AGENCIES, AND THE ORDINANCES AND REGULATIONS OF LOCAL GOVERNMENTS.**

Infractions of this “Student Code of Conduct” may be dealt with through administrative and/or other disciplinary channels. Alleged violations of university policies including policies applicable to alcohol, illegal drugs/substances and sex offenses are governed by the rules and procedures applicable to “Student Code of Conduct” violations. Activities of students may, upon occasion, result in violation of law, and in such cases students are responsible for their actions and any consequences incurred with authorities outside the university. When student behavior is in violation of law and of the university’s “Student Code of Conduct,” the university will reserve the right to administer disciplinary action independent of action by civil or governmental agencies. The university may elect, considering the circumstances of the case, to delay on-campus disciplinary action pending the resolution of criminal charges. The university will report illegal activities to the proper authorities.

*(See page 37 in the Student Handbook)*

### **SALES AND SOLICITATIONS**

The sales/solicitation of drugs, tobacco, and/or alcoholic beverages is not permitted.

*(See page 66 in the Student Handbook)*

## **NOTIFICATION OF ALCOHOL/DRUG VIOLATIONS TO PARENTS**

Pursuant to recent changes in the Family Educational Right to Privacy Act (FERPA), which allow for notification of alcohol/drug violations to parents/guardians of their son/daughters illegal usage, under the age of 21, La Sierra University reserves the right to notify parents beginning with the second offense. The university further reserves the right to notify parents on a first offense of a serious nature, which results in a medical emergency, legal action, or supplying alcohol to other individuals under the age of 21, or supplying any controlled substance to any individual.

### **Student Commitment Contract**

This contract is signed by the resident upon moving-in; explaining the University's Alcohol, Tobacco and Drug Policy. It also outlines the residence Hall Noise Policy.

*(See page 49 in the Student Handbook)*

## **STUDENT RIGHTS**

1. La Sierra University students have the right to a learning environment that is conducive to full human development. The community respects others through the use of appropriate language, behavior, and compassion.
2. La Sierra University students have the right to expect a Christian university to be a place of spiritual nurture. A Christian learning environment nurtures spiritual growth of all members of its community while teaching the faith and traditions of the Seventh-day Adventist Church.
3. La Sierra University students have the right to privacy. A Christian learning environment respects and insures the privacy of the individual.
4. La Sierra University students have the right to appropriate, affirming, respectful behavior in their personal interactions with other members of the university community. A Christian learning environment supports relationships, which are affirming and respectful. Harassment of or violence against others in any form is not compatible with the values of the community.
5. La Sierra University students have the right to compete on a fair and equal basis for appropriate academic recognition. A Christian learning environment provides fair and equal access to compete within academic, social, and leadership areas.

6. La Sierra University students have the right to an environment, which promotes and protects maximum personal wellness. A Christian learning environment is holistic and therefore promotes spiritual, mental, and social health and wellness.
7. La Sierra University students have the right to expect the university campus to be a place of personal safety. A Christian learning environment is a place of personal safety, one free of alcohol, tobacco, drugs, weapons, and all forms of violence.
8. La Sierra University students have the right to form, hold membership, and seek office in student organizations and clubs, which are appropriate to their academic, spiritual, social, or cultural needs and interests, and which are consistent with university objectives and mission. A Christian learning environment supports student organizations, which promote diverse, healthy opportunities in leadership, spiritual growth, academic exploration, cultural awareness, and social recreation.
9. La Sierra University students have the right to freely and without fear of reprisal express their opinions, beliefs, and questions, including expressions about university student life and academic experiences. A Christian learning environment supports respectful expression of diverse ideas through appropriate means.
10. La Sierra University students have the right to impartial discipline appropriate to the infraction of university policies. A Christian learning environment respects and supports the individual.
11. La Sierra University Students have the right to join, as members, any social or academic club on campus. La Sierra University values the community by prohibiting exclusive and divisive organizations.

*(See page 38 in the Student Handbook)*

## **STUDENT DISCIPLINE POLICY**

Violation of national, state, or local laws makes a student subject not only to university disciplinary actions but also to action by the appropriate court of law. The university's disciplinary procedures do not replace civil law or make students immune from legal or judicial process. All regulations announced in the residence halls, in the school assemblies and worship, or published have the same significance as those published in university publications.

Student behavior on and off campus shall reflect the values of La Sierra University. This

means that university policies apply to student behavior both on and off campus. The Vice President for Student Life, or his or her designee, may suspend a student or take other disciplinary action pending committee action. Behaviors requiring disciplinary action might include, but are not limited to use of drugs, alcohol, smoking tobacco, sale of drugs, violence, inappropriate sexual conduct, stealing, lying, theft, vandalism, cheating, lewd and indecent language and behavior, harassing, threatening, stalking, or other disrespectful behavior. These types of behaviors do not support the “Student Code of Conduct,” are not conducive to the values of the university, and are not permitted.

Usually a disciplinary action will not affect recommendations forwarded to any Admissions Committee or to another institution if the particular item is an isolated out-of-character development with no recurring pattern in combination with other citizenship problem. It is the pattern of one’s citizenship record, which may determine the recommendation forwarded to any other institution to which the student applies. Probation, suspension, and dismissal are of major significance, and in general, parents of undergraduate students will not necessarily be involved in the discipline at this point. Probationary status remains on a student’s record permanently, unless the student requests for his/ her record to be expunged. One year from the date of the violation, a student who has had no further disciplinary problems may appeal to the Student Life Committee to have the matter expunged from their record.

*(See pages 38-39 in the Student Handbook)*

## **SUPPORTING BEHAVIORAL ACTIONS**

### **Behavior Contract**

When a violation occurs that does not warrant dismissal and a student remains on campus with other disciplinary sanctions, an individualized behavior contract may be arranged between the student and the university. This contract will outline specific behavioral goals and requirements for a student. In the case of substance abuse, random drug tests may be required. By agreeing to the behavior contract, the student further agrees to release the results of the tests to the Vice President of Student Life, Dean of Student, and/or their designee(s).

*(See page 39 in the Student Handbook)*

**Behaviors requiring disciplinary action might include, but are not limited to use, sale, and/or possession of:**

- Alcohol
- Bullying
- Cheating/Academic Integrity
- Cyber-bullying
- Harassment
- Hazing
- Inappropriate sexual conduct
- Lewd & indecent language & behavior
- Lying/Dishonesty
- Smoking tobacco
- Stalking
- Stealing/Theft
- Threatening language or behavior
- Use and/or Sale of Drugs
- Vandalism
- Violence
- Other disrespectful behavior

*(See page 39 in the Student Handbook)*

## **BREAKING THE LAW**

La Sierra University aims to maintain a safe community for its students. Any student who willfully breaks the law, either on or off campus, will be subject to investigation and judicial action. When a student is charged by federal, state, or local authority, the university will not request special consideration for that individual because of his or her student status. In addition, the university will not tolerate any activities involving violence, sale of drugs, alcohol infractions, fraud, or theft. The university will cooperate fully with law enforcement agencies in the compliance of the law.

*(See page 43 in the Student Handbook)*

## **DRUG-FREE ENVIRONMENT POLICY AND PROCEDURES**

La Sierra University is committed to providing a learning environment conducive to the fullest possible human development. To achieve this goal, the university holds that a drug- alcohol and tobacco-free lifestyle is essential and thus maintains policies that seek a campus environment that is free of these substances. La Sierra University purposes to maintain a drug free environment in harmony with the laws of the land, the unlawful use, possession, distribution, dispensing or manufacture of controlled substances by its employees, whether faculty, staff or students, is strictly prohibited. Further, La Sierra University expects any person employed, admitted, living in university housing, or enrolled by the university and who receives federal or state funding, as identified by signing the FAFSA form, as an individual to certify that he or she will not engage in the unlawful use or manufacture of a controlled substance while associated with the university.

In addition to the requirements of the law, La Sierra University adopts the temperance practices and health principles espoused by the Seventh-day Adventist Church. This means that all faculty, employees, and students are expected to refrain from the use of alcohol, drugs, or tobacco while enrolled or employed at the university. The university presents a preventive educational program to its faculty, students, and employees to develop an awareness of the risks involved in alcohol, tobacco, and drug use and abuse and to promote the benefits of a lifestyle free of these substances. The university may, in its discretion, provide/refer to therapeutic alternatives for anyone in the university involved in the use of alcohol, tobacco, prescription or nonprescription drugs, or other mood altering substances, which impair the appropriate functioning of the involved individual within the university community.

As a condition of employment all La Sierra University employees are required to follow this policy. Failure to comply with this policy will result in discipline up to and including expulsion or termination and, if appropriate, a referral to law enforcement agencies for prosecution.

*(See page 45 in the Student Handbook)*

## **SMOKING/TOBACCO USE**

Medical evidence clearly suggests that smoking is harmful to the health of smokers. Smoke from cigarettes, cigars and pipes is also an irritant to many nonsmokers and can worsen allergic reactions. In sufficient concentrations, secondhand smoke may be harmful to those with chronic heart and lung disease. New research indicated that long-term exposure to second-hand smoke may seriously threaten the health of non- smokers.

In order to provide a safe and healthy environment for the university community and to assure compliance with California smoking policy legislation, it is the policy of La Sierra University to maintain a smoke-free campus. We are defining “smoke-free” environment in this context as a work and living space in which no individual is forced involuntarily to breathe smoke from cigarettes, cigars or pipes. It is the intent of the university to provide all employees and students with an environment free of the hazards of tobacco smoke.

1. Smoking is prohibited in all university buildings, residence halls and rooms, and all university-owned properties. The use of smoke- less chewing tobacco is also prohibited in all university-owned property. 2. Smoking is prohibited in all areas including individual rooms in all residence hall, off-site facilities, parking lots, and properties leased by the university.

3. Smoking is prohibited in all university-owned vehicles including maintenance vehicles, automobiles, buses/vans, and rented vehicles. It is expected that all members of the community and guests will work together to maintain an environment of mutual respect. Evidence of smoking inside rooms, apartments, or houses– to include the presence of residual tobacco odor– will subject the student to disciplinary action and a \$100 ne per occurrence.

*(See page 66 in the Student Handbook)*

## **COMPONENTS OF A DRUG-FREE ENVIRONMENT: PREVENTION**

1. The policy of a drug-free environment for employees and students is included in the faculty, student, and employee Handbooks. Each faculty and employee is notified of the policy at the time of employment or appointment. All faculty and other university employees are further notified of the policy on an annual basis. Upon acceptance into educational programs of the various schools within the university, all students are notified of the policy. Each school will publish in its bulletin the manner in which it addresses drug and alcohol counseling, treatment, and rehabilitation programs and discipline, using the guidelines set forth in this document.

2. Faculty and employees working on projects, funded by federal agencies will be provided a copy of the policy for a drug-free environment and will be required to sign a statement saying he/she has read and understands the policy and agrees to abide by it as a condition of continued employment. La Sierra University must notify any federal contracting or granting agency of any employee’s drug conviction resulting from a violation at La Sierra University within ten days after receiving notice.



3. Faculty and employees are provided training in drug awareness, observation, and impairment possibly due to drug involvement, the dangers of drug use and abuse, and early intervention and referral techniques.
4. Campus-wide educational programs are conducted by school and work site departments for students, faculty, and employees regarding substance abuse. Such education shall include, but shall not be limited to, the dangers of substance abuse as outlined below under “Education Concerning Health Risks of Alcohol and Drugs and Effects to Significant Others.”
5. All students, faculty, and employees will be notified through Student, Faculty, and Employee Handbooks of the local, state, and federal laws for the unlawful possession, use, or distribution of illicit drugs and alcohol as outlined below under “Legal Sanctions Pertaining To The Use of Alcoholic Beverages and Controlled Substances.”
6. All students, faculty, and employees will be notified through student, faculty, and employee Handbooks of disciplinary sanction for the use of drugs, alcohol, and tobacco.

*(See pages 46-47 in the Student Handbook)*

## **DETECTION**

1. The university reserves the right to investigate employees or students where reasonable suspicion exists of drug or alcohol involvement. This includes the right to search an office, locker, any university or privately owned on-campus vehicle, or residence hall room, briefcases, book bags and handbags, and the right to require an appropriate drug test and confirmation by a retest. If a search is to be made, it must be authorized by the residence hall director, dean of a school, dean of students, vice president, or president of the university. The entire process of drug investigation will be treated with highest confidentiality.
2. If unlawful possession of controlled substances or drug paraphernalia is discovered, the university will confiscate the item(s), investigate the circumstances, and institute disciplinary actions. All confiscated contraband will be given to the appropriate authority or destroyed.
3. Initial identification of a problem may be made by a supervisor, faculty member, colleague, concerned other, or self-referral.

## **CONFIDENTIALITY**

1. All substance abuse investigation and drug testing information is confidential and should be treated as such by anyone authorized for access to such records.
2. All records and information of personnel actions taken on employees under investigation or discipline with respect to drugs, shall be maintained by the director of Human Resources in a secure locked file. Only authorized individuals who have a "need-to-know" shall have access to them. Any compilation of statistical reports will be handled in an anonymous manner.

### **ASSESSMENT**

1. Any assessment of substance abuse will be performed by a qualified professional and/or qualified assessment facility.
2. If there is a reasonable suspicion of substance abuse a three to seven-day suspension may be mandated until assessment is completed.

### **INTERVENTION**

1. If substance abuse is determined to be experimental, the individual may be disciplined or required to participate in an appropriate educational program specified by assessment personnel.
2. The individual must present satisfactory evidence of compliance with the specified educational program.
3. If an individual does not comply with a specified educational program, she/he may be subject to discipline.

### **TREATMENT**

1. If an individual is assessed to have a chemical dependency, she/he may be required to enroll in either an outpatient or inpatient treatment program as a condition of further employment or enrollment.
2. University employees may contact Human Resources for assistance regarding procedures to follow to utilize the university's group health insurance plan, and/ or disability as well as a list of external agencies and individuals that offer counseling and referral services.
3. The individual must furnish evidence of compliance with the formulated plan of

treatment.

4. If there is noncompliance with the formulated plan of treatment, the individual may be subject to discipline.

### **RELAPSE MONITORING**

1. Monitoring will be required for precaution against relapse for all students, faculty, or employees who have been found to have an alcohol or a chemical dependency.

2. A recovery contract will be formulated for each student in the Office of Student Life.

3. A recovery contract will be formulated for university employees in the Human Resources department or other appropriate university entity.

### **DISCIPLINE**

The unlawful manufacture, distribution, dispensing, possession, or use of alcohol, tobacco, or a controlled substance is grounds for a full range of disciplinary actions, up to and including dismissal from employment or school (as outlined under the policy of termination of a faculty member, the policy for termination for other employees, or student disciplinary policy). Any educational treatment alternative to discipline shall be at the sole discretion of the university.

In cases where there is a reasonable belief that a violation of law has occurred, cases may be reported to the appropriate law enforcement agency for investigation and prosecution. Should any drug conviction result from a violation, employees will notify the university of any criminal drug statute conviction for a violation occurring in the environment no later than five days after such conviction.

### **LEGAL SANCTIONS PERTAINING TO THE USE OF ALCOHOLIC BEVERAGES AND CONTROLLED SUBSTANCES**

A description of applicable legal sanctions under local, state, or federal law for the unlawful possession or distribution of illicit drugs and alcohol is on file at the office of the Director of Human Resources or the Dean of Students. An abridged list of legal sanctions follows.

*(See page 47 in the Student Handbook)*

### **FEDERAL LAWS GOVERNING CONTROLLED SUBSTANCES**

The unlawful possession, manufacture, sale, or distribution of all scheduled (illicit) drugs constitutes a felony. Examples of these drugs include narcotics, barbiturates, amphetamines, cocaine, cannabis, hallucinogens, and synthetic drugs; e.g., PCP. A first conviction for possession of a controlled substance can include up to one year imprisonment and a fine of at least \$1,000 but not more than \$100,000, or both (21 U.S.C. 844(a)). Second and subsequent convictions can include increased imprisonment and fines.

Special sentencing provisions for possession of crack cocaine include at least five years in prison, not to exceed 20 years and fines up to \$250,000, or both. Property, including vehicles, vessels, aircraft, money, securities, or other things of value which are used in, intended for use in, or traceable to transactions that involve controlled substances in violation of federal law are subject to forfeiture to the United States (21 U.S.C. 881 853 and 881).

Persons convicted of possession or distribution of controlled substances can be barred from receiving benefits from any and all federal programs including student grants and loans, except some long-term drug treatment programs.

*(See page 47 in the Student Handbook)*

## **CALIFORNIA LAWS GOVERNING CONTROLLED SUBSTANCES**

California law regarding controlled substances is in many respects similar to federal law in that it is a felony that can result in imprisonment, fine, or both.

*(See page 47 in the Student Handbook)*

## **CALIFORNIA LAWS GOVERNING MARIJUANA**

The cultivation, the possession for sale, or the sale of marijuana constitutes a felony. A felony conviction can involve serving time in a state prison. Possession of not more than 28.5 grams of marijuana is a misdemeanor, which is punishable by a fine of not more than \$100.00. Possession of more than 28.5 grams of marijuana shall be punished by imprisonment in the county jail or by a fine of not more than \$500.00 or by both such fine and imprisonment.

*(See page 47 in the Student Handbook)*

## **CALIFORNIA LAWS GOVERNING ALCOHOLIC BEVERAGES**

No person may sell, furnish, give, or cause to be sold, furnished, or given away, any alcoholic beverage to a person under the age of 21, and no person under the age of 21 may purchase alcoholic beverages. (California Business and Professions Code 256560). It is unlawful for any person under the age of 21 to possess alcoholic beverages on any street or highway or in any place open to public view. (California Business and Professions Code 25662).

It is a misdemeanor to sell, furnish, or give away an alcoholic beverage to any person under the age of 21 (California Business and Professions Code 25658) or to any one obviously intoxicated (California Business Professions Code 25602). It is unlawful for any person to drink while driving or to have an open container of an alcoholic beverage in a moving vehicle. With a blood alcohol level of .08 % or higher, a driver is presumed under the influence of alcohol. Between .05 % and .08 % a person may be found guilty of driving under the influence. (Vehicle Code 23153). Every person who is found in any public place under the influence of intoxicating liquor, any drug, controlled substance, or any combination of any of the above and is in such a condition that he/ she is unable to exercise care for his/ her own safety or the safety of others is guilty of a misdemeanor (Penal Code 647(f)).

The Drug-Free Workplace Act of 1988 requires that university employees directly engaged in the performance of work on a federal contract or grant shall abide by this policy as a condition of employment and shall notify the principal investigator and/or the chair of the sponsoring department or unit within five days if they are convicted of any criminal drug statute violation occurring in the workplace or while on university business. In turn, the principal investigator or chair shall notify the appropriate Office of Research Contracts and Grants officer. That officer is then obligated to notify the federal contracting or granting agency within ten days of receiving notice of such conviction and to take appropriate corrective action or require the employee to participate satisfactorily in an approved drug abuse assistance rehabilitation program.

*(See page 47 in the Student Handbook)*

## **EDUCATION CONCERNING HEALTH RISKS OF ALCOHOL AND DRUGS & EFFECTS TO SIGNIFICANT OTHERS**

The use of illegal drugs and tobacco and abuse of alcohol may have serious health consequences, including damage to the heart, lungs, and other organs. Alcohol accidents are the number one cause of death for persons aged 15-24. The most significant health risk, beside death, is addiction. Chemical dependency is, if not treated, fatal.

*(See page 48 in the Student Handbook)*

## **ALCOHOL**

Even low doses of alcohol significantly impair the judgment and coordination needed to drive. Small amounts also lower inhibitions. Moderate to high doses cause marked impairment in higher mental functions, memory, and ability to learn and recall information. High doses cause respiratory depression and death. Long-term consumption, particularly when combined with poor nutrition, can lead to dependence and permanent damage to vital organs such as the brain and liver. If combined with other depressants (that affect the central nervous system) low doses of alcohol will produce adverse effects. Mothers who drink alcohol during pregnancy may cause fetal alcohol syndrome in their infants. These infants will suffer irreversible physical abnormalities and mental retardation.

## **TOBACCO/NICOTINE**

Immediate effects include relaxation and increased confidence and metabolism. Smokers are more likely to develop heart disease. Thirty percent of cancer deaths are linked to smoking. Chronic obstructive lung diseases, such as emphysema and chronic bronchitis, are 10 times more likely to occur among smokers than nonsmokers. Smoking during pregnancy also poses risks such as spontaneous abortion, premature birth, and low birth weight. Fetal and infant deaths are more likely to occur when the pregnant woman is a smoker. Tobacco/nicotine is both psychologically and physically addictive.

## **CANNABIS—MARIJUANA, THC, HASHISH, HASHISH OIL**

Physical effects of cannabis include increased heart rate, bloodshot eyes, dry mouth and throat, and increased appetite. Use of cannabis may impair or reduce tasks requiring concentration and coordination. Motivation and cognition may be altered making the acquisition of new information difficult. Marijuana, hashish, THC, etc., also produce paranoia and psychosis. Long-term use may result in lung damage, reduced sperm count and mobility, and disruptive ovulation cycles. Cannabis may also be psychologically addictive.

## **ECSTASY**

The drug's make up is similar to a combination of both amphetamines and hallucinogens. Effects of the drug include increased heart rate, body temperature, and blood pressure. It can cause side effects of teeth grinding, nausea, anxiety, loss of appetite, paranoia,

sweating, trouble sleeping, and kidney failure. A brain hemorrhage can occur after a single dose of the drug.

### **COCAINE/CRACK**

Cocaine stimulates the central nervous system. Immediate effects include dilated pupils, increased pulse rate, elevated blood pressure, insomnia, appetite loss, tactile hallucinations, paranoia, and seizures. The use of cocaine may cause cardiac arrest or respiratory failure and result in death.

### **STIMULANTS—AMPHETAMINES, CRANK, ICE, METHAMPHETAMINE**

Stimulants cause increased heart and respiratory rates, elevated blood pressure, dilated pupils, and decreased appetite. Users may experience sweating, headaches, blurred vision, dizziness, sleeplessness, and anxiety. Extremely high doses may cause rapid or irregular heartbeat, tremors, loss of coordination, and physical collapse. An amphetamine injection creates a sudden increase in blood pressure that can result in stroke, high fever, or heart failure. Additionally, users may experience restlessness, anxiety, and moodiness. Large amounts over a long period may cause amphetamine psychosis, including hallucinations, delusions, paranoia, and physical and psychological dependence.

### **HALLUCINOGENS—PCP, LSD**

Phencyclidine (PCP) interrupts the functions of the neocortex, which drives the individual to self-inflicted wounds. Users may experience a sense of distance and estrangement, loss of muscular coordination, and speech impairment. Large doses result in convulsions, heart and lung failure, and coma.

Lysergic acid (LSD), mescaline, and psilocybin cause hallucinations. Physical effects may include dilated pupils, elevated body temperature, increased heart rate and blood pressure, loss of appetite, sleeplessness, tremors, and psychological reactions. Users may experience panic, confusion, suspicion, anxiety, and loss of control. Flashbacks may occur even after use has ceased. Use of hallucinogens may cause psychological dependence.

### **ANABOLIC STEROIDS**

Steroid users subject themselves to more than 70 side effects, ranging from acne to liver abnormalities to psychological reactions. The liver and cardiovascular and reproductive systems are most seriously affected. In males, use may cause withered testicles, sterility,

and impotence. In females, masculine traits may develop along with breast reduction and sterility. Psychological effects in both sexes include aggressive behavior known as “roid rage” and depression. While some side effects appear quickly, others such as heart disease and strokes may not show up for years.