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BIENNIAL 2012-2014

Introduction

Ana G Mendez University System Branch Campus in Continental USA are part of the Ana G. Méndez System (SUAGM). Every two years, each branch campus makes its Biennial Report on prevention activities. The aim of this report is to comply with the regulations of the law "Drug Free Schools and Campuses (34 CFR 06), determine the efficiency of services and ensure compliance with the policy for a community that is free of Alcohol, Tobacco and Controlled Substances. Also helps ensure that disciplinary sanctions are consistently applied according to the policy for a community Alcohol Free, Snuff and Controlled Substances.

What is the purpose of the Drug and Alcohol Abuse Prevention regulations?

The purpose of the Drug and Alcohol Abuse Prevention regulations is to implement section 22 of the Drug-Free Schools and Communities Act Amendments of 1989, which added section 1213 to the Higher Education Act.

Each branch has developed a prevention program under the Office of Integrated Services in collaboration the Counselor services and the Occupational Health, Safety and Security Director of AGMUS and through which they have developed a series of activities throughout the institution that comply with the above as follows:

Maintaining copies of informational materials in the offices of student services such as:

- Integrated Services
 - Counselor
 - Deliver policy to all new freshmen students (included in the Welcome Package)
 - Publication of our policy on the website as a reminder to each partner and students of the availability of the policy for a community that is free of Alcohol, Tobacco and Controlled Substances.
 - Providing each student with educational material, such as: Administrative Orders and Institutional Policies. In which includes the policy for a Community Free of Alcohol, Tobacco and Controlled Substances, which contains the code of conduct that prohibit the unlawful possession, use of distribution of illicit drugs and alcohol on the premises of the institution or activities.
 - Brochure describing health risks associated with the use and abuse of drugs and alcohol.
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The material above and brochures are distributed to students through:

- Integrated Services
- Counselor
- Registration Process
- Conferences and Workshops
- Orientation Day for new freshmen students
- The Policy is available on the website

The Office of the Counselor is responsible for referring students affected by the use and abuse of Drugs and Alcohol to Community Resources.

The Human Resources Office is responsible for managing cases related to employees.

AGMUS has professionals committed to continue developing the prevention of use and abuse of drugs and alcohol in order to comply with the law and provide our students a healthy environment free of drugs and alcohol that contributes to their learning.

Prevention Program

Topics to be working in the Prevention Program are related to the effects consequences of using alcohol and other drugs, snuff, violent behavior and sexual misconduct. The goal of this program is to increase personal and social competence, confidence and self- efficacy to reduce motivation to use drugs and be involved in harmful social environments and to promote healthy lifestyles and facilitating the completion of their academic goals. The Prevention Program established the different strategies and activities related to prevention for the students.

Specific objectives:

Increase student's knowledge about the effects of alcohol and other drugs and the possible consequences on the personal, social, academic, health, and even legal.

To introduce students alternatives to keep healthy life style and make appropriate selections. Assist students in assessing risk their motivations for using drugs, drinking alcohol excessively, engaging inappropriate sexual behavior and violent behavior.

Correct the perception of the university community on student behavior in relation to alcohol and other drugs and sexual activity.

Informs students about institutional policies for a community free of alcohol, tobacco and controlled substances.

Program Components: Education

The lack of knowledge about the effects of alcohol and other drugs and the consequences may be a risk factor because it hinders responsible decision making regarding the use of these. As far as providing information to students and the community about these issues, it becomes a protective factor. Also is important that students and the university community be aware of the institution rules related to alcohol and substance used and the consequences for violating these rules.

To inform and educate the students the Office of Integrated Services in collaboration with the Occupational Health, Safety and Security Director of AGMUS and the Counselor services

- developed educational materials on prevention issues and distribute in different activities and are presented on our web page.

- coordinate educational activities for the benefit of the entire university community, such as: health fairs, lectures and workshops offered by internal and external resources.

Sanctions

All students will be punished according to the Policy for an Alcohol and Controlled Substances Free Community and the Students Code of Conduct.

Activities for the Prevention and Health Promotion

AGMUS works on a plan for the prevention of use and abuse of alcohol and drug and violence conduct. These activities are organized and carried out during the period covered by this report, were directed to impact the university and external community.

These reports include the activities coordinated and developed by AGMUS: □

- Distribution of educational materials

- Distribution of the Policy for a Free Community Alcohol and Controlled Substances

Effects of Drugs and Alcohol

Although individuals often use drugs and alcohol to achieve a variety of effects on mind and body that are found to be temporarily useful or pleasurable, drugs can be highly addictive and injurious. A person can pay a price in terms of his or her physical, emotional, and social health.

This price can be paid in a number of ways. The risk of contracting sexually transmitted diseases, including AIDS, is increased through unwanted or unprotected sex when one is under the influence of drugs or alcohol. Drugs can be the trigger for violent crime. Economic and legal problems usually follow directly when one tries to support a drug habit by resorting to crime. The dependence, illness, loss of job, and loss of family or friends that can result from drug or alcohol use and abuse can be tragic.

In keeping with the mission of AGMUS and the requirements of state and federal law, each branch Campus of AGMUS in Continental USA has adopted this program to ensure a drug-free campus and workplace and to prevent the use of controlled substances and the abuse of alcohol.

Health Risks Associated with the Use of Alcohol

Short Term Risks:

- Increased risks of accidents and injuries
- Alcohol-related traffic accidents (the leading cause of death for teens)
- Alcohol slows reaction time, decreases muscle coordination, and impairs vision
- Fatal overdose
- Unconsciousness or blackout
- Death by aspiration of vomit
- Nausea
- Gastritis

Long-Term Risks:

- Increased blood pressure
- Increased risk of heart attack
- Brain damage resulting in permanent psychosis
- Cancer of the mouth, esophagus or stomach
- Liver damage (cirrhosis, alcohol hepatitis, cancer)
- Ulcers and Gastritis
- Pancreatitis
- Birth defects
- In males-testicular atrophy and breast enlargement

- In females--increased risk of breast cancer
- Prolonged, excessive drinking can shorten life span by ten to twelve years.

Health Risks Associated with the Use of Drugs

Amphetamines (Speed, Uppers):

- Malnutrition
- Hallucinations
- Dependence, psychological and sometimes physical

Deliriums (Aerosols, Lighter Fluid, Paint Thinner):

- Permanent damage to lungs, brain, liver, bone marrow
- Loss of coordination, confusion, hallucinations
- Overdose causing convulsions, death

Depressants (Barbiturates, Tranquilizers, Methaqualone):

- Confusion, depression, loss of coordination
- Dependence, physical and psychological
- Coma, death (caused by overdose) can be lethal when combined with alcohol

Hallucinogens (LSD, PCP, DMT, STP, Mescaline):

- Hallucinations, panic, irrational behaviors (which can lead to increased risk of accidents, injuries)
- Tolerance overdose leading to convulsions, coma, death
- Possible birth defects in children of LSD users

Intravenous Drug Use:

- Places one at risk for HIV infection (the virus causing AIDS) when needles are shared

Marijuana and Hashish:

- Chronic bronchitis
- Decreased vital capacity
- Increased risk of lung cancer
- In men lower levels of testosterone and increase in abnormal sperm count

Stimulants (Cocaine):

- Painful nosebleeds and nasal erosion
- Intense "downs" that result in physical and/or emotional discomfort
- Tolerance and physical dependence can develop

Narcotics (Heroin, Morphine, Codeine, Opium):

- Malnutrition
- Hepatitis
- Loss of judgment and self-control leading to increased risk of accidents, injuries
- Dependence
- Overdose leading to convulsions, coma, death

Danger Signals Indicating a Drug or Alcohol Problem

Following is a listing of classic danger signals that may indicate the presence of a drug or alcohol problem:

- abrupt changes in mood or attitude
- decreased efficiency at work or at school
- frequent absences, tardiness, and/or early departures
- relationship problems with family, friends, and co-workers
- unusual outbursts of anger and hostility
- social withdrawal

