

## **SMU POLICIES ON ALCOHOL AND SUBSTANCE ABUSE**

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Any exemption from the SMU conduct review process which is granted under this policy may only apply to disciplinary action and/or sanctions under the SMU alcohol and/or drug policies in the SMU Student Code of Conduct ([www.smu.edu/studentlife/studenthandbook](http://www.smu.edu/studentlife/studenthandbook)) and, therefore, does not prevent the SMU Police or another police agency from detaining a student, issuing a citation, or making an arrest if they deem that action necessary.

In order for this policy to apply, the student must meet with their assigned Conduct Officer, complete an application and, once referred, complete any and all recommendations made by a substance abuse counselor in SMU Counseling Services. (These recommendations will include, at minimum, an individual appointment with a counselor and a follow-up appointment.)

While this policy applies to individual students, if an organization has been found in violation of the University's alcohol and/or drug policies, then the organization's willingness to seek medication of § (s)-1.81

## **LEGAL SANCTIONS**

In addition to violating the Student Code of Conduct, a student's behavior may also be a violation of the local, state or federal laws for the unlawful possession or distribution of illicit

# HEALTH RISKS OF ALCOHOL AND SUBSTANCE ABUSE

of parents and families do make a difference. **Here are some tips that might help families begin the conversation:**

### **WHAT ARE ALCOHOL AND SUBSTANCE ABUSE RISK FACTORS?**

Family history of alcohol/drug dependency

An initial high tolerance: minimal effects are felt at the onset of alcohol use

An acquired high tolerance: due to repeated exposure, more alcohol is needed to achieve the same effect

High-risk drinking behaviors: drinking to get drunk, any drinking that causes tolerance to increase, drinking games and contests, doing shots of alcohol

Heavy episodic drinking

Use of drugs that are illegal or not prescribed to the student

### **WHAT ARE SIGNS AND S**

The presence of one or more of these behavioral cues does not necessarily mean that someone is using substances, but these cues usually indicate that something is wrong. If these behaviors are observed in someone, talk to them and offer to connect them to campus resources if there are issues that need professional attention.

## **WHAT IS CONSIDERED LOW-RISK AND HIGH-RISK BEHAVIOR?**

### **LOW-RISK BEHAVIOR:**

- Abstaining (the lowest risk choice)
- Drinking alcoholic beverages only if you are 21 or older
- Thinking about whether you will drink before the party
- Eating a meal before drinking
- Drinking no more than one drink per hour; no more than three drinks per day
- Knowing exactly what you are drinking
- Alternating alcohol-free drinks throughout the evening
- Knowing how you will get home safely before you go out

### **HIGH-RISK BEHAVIOR:**

- Chugging, drinking games, shots (drinking anything out of a punch bowl, trough, hose, or funnel)
- Drinking to get drunk
- Driving after drinking or riding with someone under the influence
- Drinking alcoholic beverages if you are younger than 21
- Drinking too much or too fast or on an empty stomach
- Having little or no clue what is in your glass or leaving it unattended
- Mixing alcohol with any medications or illegal drugs
- Going to parties where people drink too much

## **WHAT ARE OTHER RISK FACTORS OF SUBSTANCE ABUSE?**

Substance abuse can present immediate health risks such as alcohol poisoning and death from

# **CAMPUS AND COMMUNITY RESOURCES FOR STUDENTS**

## **OFFICE OF THE DEAN OF STUDENT LIFE**

Hughes-Trigg Student Center, Room 205

214-



### **COLLEGIATE RECOVERY AND SUPPORT SERVICES**

A weekly on-campus meeting is open to SMU students in recovery or struggling with a substance abuse or related issue. A Recovery Coordinator facilitates support groups and is available to meet with students.

214-768-2948 or mail PO Box 750195, Dallas TX 75275-0195.

Information also is available at

[www.smu.edu/StudentAffairs/HealthCenter/Counseling/AlcoholDrugSupportGroups](http://www.smu.edu/StudentAffairs/HealthCenter/Counseling/AlcoholDrugSupportGroups)

Highland Park United Methodist Church hosts weekly closed and open AA meetings, including a young adult's group. [www.hpumc.org/life-resources/support-groups/](http://www.hpumc.org/life-resources/support-groups/) or [www.aadallas.org](http://www.aadallas.org)

### **PARENT AND FAMILY PROGRAMS OFFICE**

Hughes-Trigg Student Center, Room 320B,

214-768-4797 [www.smu.edu/parents](http://www.smu.edu/parents)

The Parent and Family Programs Office is available to answer your questions about the conduct process and recommended responses and to assist in connecting your student to the right resources.

The University will review its alcohol and other drugs programs biennially for effectiveness and consistency of application and, where necessary, make appropriate changes.

