

Drug and Alcohol Abuse Prevention Program

Sofia University strives to remain in compliance with the requirements of the Drug-Free Schools and Communities Act. The institution has implemented programs to prevent the abuse of alcohol and use or distribution of illicit drugs both by students and employees both on its premises and as a part of any of the college’s activities. The institution has a written policy on alcohol and other drugs and distributes information to students upon enrollment via the official School Catalog.

In recognition of the problems associated with drug and alcohol abuse in society today, Sofia University also provides the following disclosure to all new employees upon hiring and new students upon enrollment.

1. The unlawful possession, use or distribution of illicit drugs and alcohol on school property or in connection with any school activity is strictly prohibited. This prohibition applies to all students and employees.
2. Local/State – Sanctions for possession or distribution of illegal substance in the State of California is a felony, punishable by imprisonment in the State Penitentiary for a minimum of one (1) year. Possession of alcohol, or distribution to any person under the age of twenty-one (21), is punishable by imprisonment for a minimum of six (6) months in a local jail.
3. Federal – Penalties for unlawful manufacturing, distribution, and dispensing of controlled substances are provided under the Federal Controlled Substances Act. The nature of the drug or other substance, the amount the drugs or other substance involved and the number of offense determine the penalties.

Examples of Federal Drug-Trafficking Penalties

	First Offense	Second Offense
Marijuana (1,000 Kg or more)	No less than 10 yrs.	No less than 20 yrs.
Heroin (1-999g)	No less than 5 yrs.	No less than 10 yrs.
Crack Cocaine (5g or more)	Mandatory 5 yrs.	No more than 20 yrs.

4. There are various health risks associated with the use of illicit drugs and the abuse of alcohol. Some of the more common problems are cited below:
 - **Marijuana:** Use can lead to an increase in heart rate of up to 50%, a sense of euphoria, acute anxiety, and tremendous mood swings. There is potential for long-term physical and psychological damage.

- **Cocaine:** Use can affect the brain in seconds and result in heart or respiratory failure.
 - **Crack:** Use can lead to an intense high within seconds, deep depression, and intense dependency in a short time.
 - **Amphetamines:** Use increases heart and breathing rates, raises blood pressure while often causing blurred vision, dizziness, lack of sleep, or anxiety. Body chemistry is upset which can lead to long term physical problems.
 - **Alcohol:** Use can lead to feeling of confidence and control. Liver, brain, heart, and stomach destruction goes on even without apparent symptoms. Use for a long period of time often causes dependency and may be fatal.
5. There is help for our students and employees. Sofia University does not offer its own assistance program. However, Student Services can provide additional information for a Confidential Referral Program.
6. Any student or employee who is a drug or alcohol offender will have disciplinary action imposed by the school. These sanctions may include one or more of the following:
- Mandated referral for the problem with our Confidential Referral Program.
 - Mandated attendance at a local treatment center.
 - Mandated completion of drug rehabilitation program.
 - Mandated probation period not to exceed one month.
 - Possible expulsion from school if a student or discharge from employment if an employee
 - Possible referral for a local, state, or federal prosecution