

**Duke University  
Drug and Alcohol Prevention Program (DAAPP)  
December 2022**

Duke University is committed to providing a safe and healthy environment for all students and employees. The university Drug and Alcohol Abuse Prevention Program (DAAPP) seeks to provide students and employees education and support regarding the use and abuse of drugs and alcohol.

The Drug-Free Schools and Communities Act (DFSCA) as detailed in 34 CFR Part 86 requires institutions of higher education to certify that they have adopted and implemented drug and alcohol abuse prevention programs and to disseminate that report to all students and employees annually.

In this DAAPP annual report, you will find university policies and regulations related to drug and alcohol abuse prevention; federal, state, and local laws regarding drugs and alcohol; the health risks associated with the use of drugs and alcohol; information on preventing drug and alcohol abuse; the programs and intervention efforts provided by the university; and the disciplinary sanctions associated with violations of the university policies and regulations.

For more information contact:

**Students<sup>1</sup>**

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**I. POLICIES RELATED TO DRUG AND ALCOHOL ABUSE PREVENTION**

**Duke University Substance Abuse Policy Statement**

Substance abuse is detrimental to an individual’s health and may jeopardize safety both in the workplace and with student life. For these and other reasons, the unauthorized use, possession, storage, manufacture, distribution, and sale of alcohol, controlled substances, and illegal drugs is prohibited on Duke’s premises, in or during Duke activities, or during any business conducted in Duke-supplied vehicles or during working hours.

**Prohibited Conduct**

Duke University prohibits, and will impose sanctions for, the unlawful possession, use, or distribution of drugs or alcohol by any student or employee on Duke property or as part of Duke’s activities.

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<sup>1</sup> DAAPP applies to each student who is taking one or more classes for any type of academic credit except for continuing education credits. 34 C.F.R. § 86.100.

## **Alcohol and Other Drugs Policy**

As a community of scholars and learners, Duke University expects those within its community to be responsible for their choices related to the use of alcohol and other drugs. In keeping with this principle and federal, state, and local laws, the university's Alcohol and Other Drugs Policy emphasizes individual and shared responsibility, healthy and informed decision-making, the maintenance of a caring environment, and the promotion of genuine dialogue. Students are encouraged to learn about the potential social, physiological, and psychological consequences of alcohol and drug abuse. Excessive and high-risk substance use can lead to negative consequences for the Duke community and its members, including assault and other forms of physical violence, illness, injury, litter, noise, property damage, and driving under the influence. All members of the Duke community share responsibility for creating an environment that limits dangerous substance use behaviors and, therefore, reduces the likelihood of these negative outcomes.

### ***Alcohol***

Reasonable use of alcohol is permitted on campus pursuant to the following guidelines:

- Students aged 21 and over may consume and/or possess alcohol on campus (except East Campus). Students under 21 years of age are not permitted to purchase, possess, or consume alcoholic beverages. Student(s) and student groups are considered in violation of this policy if they facilitate the acquisition of alcohol by anyone under the age of 21. An exception may exist for students studying abroad in jurisdictions with different laws regarding the age of alcohol consumption. Students studying abroad must comply with the laws of the jurisdictions in which they are located.
- Alcoholic beverages are not permitted in first-year residence halls or the surrounding grounds.
- Licensed kegs (i.e., kegs obtained from a licensed retailer such as a brewery, ABC, etc.) are allowed for gatherings of 50 or more in the common spaces of residence halls on West Campus (not in private rooms) and other spaces on campus that have been reserved pursuant to the Guidelines for Events Involving Alcohol. Other common-source containers (e.g., punch bowls, coolers, garbage cans, kiddie pools) are prohibited except as specifically authorized by the university.
- Except at events in which licensed service (i.e., a venue that holds a liquor license) is being utilized, hard or spiritous liquors are prohibited.

Student(s) and student groups are prohibited from engaging in actions that are harmful or potentially harmful to oneself or others involving the use of alcohol (e.g., the illegal driving while under the influence of alcohol, attempted use of fraudulent identification or another's identification to obtain alcohol) and from unlawful possession, use, or distribution of alcohol. Actions while under the influence of alcohol that are disruptive to on- and off-campus communities are also prohibited (e.g., disorderly conduct, damaging property, fighting, running away or hiding from university or public officials).

Any gathering (i.e., 25 guests or more present) where alcohol is present must be registered by the hosting student(s) or student organization(s) and required to follow the Guidelines for Events Involving Alcohol. The Guidelines for Events Involving Alcohol are designed to promote safe events for community members and help student(s) and student organizations mitigate the risks of hosting an event. For more information regarding registering social events and/or events with alcohol, see the Guidelines for Events Involving Alcohol found here: <https://students.duke.edu/get-assistance/community-standard/a-z-policies/>.

At its discretion, the university may prohibit specific calendar dates, individual(s), student groups, and/or events with alcohol.

## ***Other Drugs***

### **Students**

Students and student organizations, regardless of age or location, are prohibited from possessing, using, selling, distributing, growing, manufacturing, and facilitating the use of illegal drugs, controlled substances, and other illegal substances, as well as substances that are used to impair. This includes the improper use of an otherwise lawful substance. This includes substances covered under the North Carolina Controlled Substances Act, the North Carolina Toxic Vapors Act, the DFSCA and/or any other applicable law.

Duke prohibits the unlawful distribution, possession, social sharing, non-prescribed use, or abuse of prescription drugs. Altering, tampering, or forging a prescription is prohibited.

Duke prohibits driving while under the influence of drugs, regardless of location or age, except as permitted by law.

Duke also prohibits the possession of drug paraphernalia, including but not limited to bong, pipes, or homemade equipment.

### **Employees**

The Duke University Substance Abuse Policy pertains to all staff of Duke University at all sites from their first day of employment or appointment. The unlawful possession, manufacture, distribution or sale of illegal drugs, including illegal use of controlled substances or alcohol on Duke premises, in or during Duke activities, or in Duke vehicles, is prohibited and will result in corrective action up to and including termination.

The Drug-Free Workplace Act and the Drug-Free Schools and Campuses Regulation require Duke, as a federal contractor and grant recipient, to certify that it will provide a drug-free workplace/campus. In order to comply with such contracts and grants, faculty and staff will abide by the terms of this statement and notify Duke of any criminal drug statute convictions not later than five days after such convictions for violations occurring on Duke premises. This includes convictions for the unlawful use, possession (including the storage in a desk, locker, or other repository), manufacture, distribution, dispensation, or sale of illegal drugs, drug paraphernalia, or controlled substances on Duke premises or while conducting business in Duke-supplied vehicles or during working hours.

### **Health and Safety Initiative (Amnesty)**

Because health and safety of students are of primary importance, students are encouraged not only to look out for their own health and safety but also for that of their peers. When a person's health and/or safety is/are threatened or appear(s) to be in jeopardy, immediate action should be taken to prevent injury/illness/danger. Dial 911 (or the Duke Police Department at 919-684-2444 if you are on campus) for help. Whatever the particular need/problem, it is important to respond in a responsible and timely manner.

Formal disciplinary action for a violation of possession or use of alcohol and other drugs will not be taken against students for whom medical assistance is sought, or those who seek medical assistance for themselves or for others. Students or student groups who are alleged to have violated other university policies are not entitled to amnesty for their non-alcohol or other drug-related misconduct.

A student who receives medical assistance may be required to attend an approved alcohol or drug education program, educational assignment, assessment, and/or possible referral for treatment. Parents of such students may also be notified. A group that facilitates the acquisition of drugs may also be required to notify its advisor, provide an educational program for members, and/or change its processes for hosting events.

In the event that a student or student group fails to meet with the designated specialist, chooses not to participate in the outlined expectations or programs, or exhibits a pattern of abusive behavior with alcohol and/or other substances, the student or student group may be subject to formal disciplinary action for failure to comply and/or subsequent policy violation(s).

## II. HEALTH RISKS ASSOCIATED WITH THE USE OF DRUGS AND ALCOHOL

[Drugs of Abuse, A DEA Resource Guide \(2020 edition\)](#) is designed to be a reliable resource on the most commonly abused and misused drugs in the United States. This comprehensive guide provides important information about the harms and consequences of drug use by describing a drug's effects on the body and mind, overdose potential, origin, legal status, and other key facts.

Psychoactive drugs are a class of drugs most frequently used socially or recreationally (and often illegally). These drugs act on the central nervous system (CNS), or more specifically the brain, creating altered states of consciousness. They may increase CNS activity (stimulants, such as cocaine, crack, amphetamines), decrease CNS activity (depressants, such as alcohol, barbiturates, tranquilizers), cause the creation of illusions (hallucinogens, such as LSD, peyote, mushrooms, PCP), or have a combined effect (marijuana). Every drug has multiple effects on the brain and the body. Addiction to any of these substances is a disease that affects the sufferer mentally, emotionally, physically, and spiritually. It can also have a profound effect on those closest to the addicted person.

### Short-term or Acute Effects

These include impaired judgment (violent behavior, physical injuries, accidents), unpredictable mood swings, acute psychotic episodes, risky sexual behaviors (unplanned pregnancy, impaired sexual response, sexually transmitted diseases), sexual assault, rape, hangovers, increased nervousness, tremors, shortness of breath, anxiety/panic reactions, reduced energy and stamina, digestive problems (nausea, vomiting, diarrhea, ulcer irritation), dehydration, halitosis, cardiovascular changes, seizures, loss of consciousness, or death.

### Long-term or Chronic Effects

- **Systemic Disorders.** Increased heart rate, increased or sudden decrease in blood pressure, hyperactivity, decreased oxygen in blood supply to the brain, decreased immune system function, HIV/AIDS or hepatitis from needle sharing, reverse tolerance, hemorrhage, delirium tremens (DTs) from acute withdrawal, increased risk of cancer, death
- **Brain/Central Nervous System Disorders.** Short-term memory loss, concentration difficulties, damaged nerve connections, headaches, disruption of “chemical messengers”
- **Mental Health Disorders.** Sleep disorders, eating disorders, fatigue, acute or chronic depression, hallucinations, suicidal thoughts/actions, personality changes, delusional states, anxiety disorders, psychosis
- **Digestive Disorders.** Ulcers in the mouth; diseases of the gums; inflammation of the esophagus, stomach, and pancreas; ulcers; cirrhosis; fatty liver disease; alcoholic hepatitis; nausea/vomiting
- **Respiratory System Disorders.** Painful nosebleeds, nasal erosion, tuberculosis, chronic lung diseases including emphysema and chronic bronchitis, exacerbation of sinus and asthma conditions, increased risk of lung cancer, decreased vital lung capacity
- **Sexual/Reproductive Disorders.** Impotence, atrophy of testicles, impaired sperm production, absence of menstrual period, decrease in desire/arousal/performance, birth defects

- **Endocrine/Nutrition/Metabolic Disorders.** Malnutrition, vitamin/mineral deficiencies, acute gout, obesity, diabetes, decreased testosterone levels in men, appetite disorders, weight gain or loss, impaired immune system
- **Skin and Subcutaneous Tissue Disorders.** Skin infections, unsightly changes in the skin, dry skin, boils, skin abscesses, itching, increase in skin moles and benign skin tumors, spider angiomas, edema
- **Pregnancy and Fetal Development.** Fetal Alcohol Syndrome, low birth weight babies, increased risk of miscarriage, stillbirth, increased risk of sudden infant death syndrome, brain damage, congenital deformities, addiction in the newborn
- **Other Disorders.** Prone to cross-addiction to other drugs including prescription medications, laxatives, analgesics, and caffeine. Additionally, chronic abusers have an increased incidence of fractures, sprains, burns, lacerations, bruises, concussions, and other traumas.

See Appendix 1 for a list of health risks of commonly abused substances.

### III. DRUG AND ALCOHOL ABUSE PREVENTION

University resources related to the prevention of drug and alcohol abuse are available on the Student Affairs webpage “Alcohol and Other Drug Resources” at <https://students.duke.edu/wellness/duwell/aod/>.

[Drugs of Abuse](#) offers a list of additional drug education and prevention resources, including the DEA websites.

### IV. ALCOHOL AND OTHER DRUG COMPREHENSIVE PROGRAMS AND INTERVENTIONS

#### Assistance Access

Help is available both on campus and within the community for students and staff members who are dependent on or who abuse alcohol or other drugs.

#### *Students*

Short-term alcohol and other drug counseling is available on campus to students through Child Development Behavioral Health, 919-385-3232. Additional sources of assistance include:

Counseling and Psychological Services (CAPS)	919-660-1000
DuWell	919-681-8421
Student Health Services	919-681-9355
Office of Student Conduct and Community Standards	919-684-6938
Duke University Police Department	919-684-2444
Duke Vice President of Student Affairs	919-684-3737
Dean on Call	919-970-4169

## *Employees*

Duke University Personal Assistance Service (PAS), 919-416-1727, will maintain the confidentiality of persons seeking help for personal dependency and will not report them to institutional or state authorities.

<https://hr.duke.edu/policies/workplace-health-safety/substance-abuse>

See Appendix 2 for a list of additional programs.

## **V. DISCIPLINARY AND REMEDIAL ACTIONS**

### **Employees**

#### *Employee Disciplinary Sanctions*

The Duke University Substance Abuse Policy pertains to all employees of Duke University at all sites, and employees are responsible for knowing about and complying with all provisions of state and federal law. The unlawful possession, manufacture, distribution, or sale of illegal drugs or alcohol on Duke premises, in Duke activities, or in Duke vehicles is prohibited and will result in corrective action up to and including termination or required participation in drug-abuse assistance or rehabilitation programs. Duke will refer such illegal drug activities to law enforcement, licensing and credentialing agencies when appropriate and as authorized by law. Any disciplinary action to be taken against an employee for a violation of this policy should be discussed with Staff and Labor Relations.

The use of illegal drugs on Duke premises, in Duke activities, or in Duke vehicles is prohibited and will result in corrective action up to and including termination. Use of illegal substances or abuse of legal substances off work time which results in impairment at work will result in action as described in the Impairment section (below). Staff who are taking legally prescribed and/or over-the-counter medications and report to work impaired which affect job performance, safety, or the efficient operation of work will be subject to action as described in the Impairment section.

Alcohol on the breath raises questions concerning employee competence and will not be tolerated for any employee with patient care responsibilities or for those who work in patient care areas. Select other work areas may prohibit alcohol on the breath. Staff should check with a supervisor regarding the application of this policy in their work areas.

#### **1. Impairment**

The supervisor is responsible for taking appropriate action when a staff member demonstrates impairment, based on the impairment checklist found in the Substance Abuse Policy [Substance Abuse | Human Resources](#) . Upon evidence of impairment, the supervisor should:

- **Contact Employee Occupational Health and Wellness (EOHW)** by calling the main number 919-684-3136, option 2, during business hours or the exposure hotline 919-684-8115 after hours or on weekends or holidays.
- **Document** the observed behavior, preferably with another supervisor present. The impairment checklist can serve as documentation.
- **Discuss** concerns with the staff member in private about the observed behavior and tell the staff member that in the supervisor's judgment he/she appears impaired.
- **Escort** the employee to EOHW or designated facilities after discussing with an EOHW nurse or provider. Do not allow the employee to leave the premises without discussing with EOHW first.

Do not allow the staff member to continue to work or return to work until cleared by EOHW or designated facilities.

- **Contact Staff and Labor Relations** if the staff member is not cleared to return to work.

## **2. Voluntary Intervention**

Duke maintains employee assistance programs such as PAS and Business Health Services which provide confidential services at no cost to the employee to help resolve alcohol or drug abuse and other personal/emotional problems. Use of employee assistance does not jeopardize an individual's employment or opportunities for promotion.

Staff are encouraged to seek assistance from employee programs before alcohol and drug problems lead to impairment.

## **3. Mandatory Intervention**

If a staff member demonstrates impairment, EOHW will intervene on a mandatory basis.

Diagnosis of substance abuse by EOHW/designated facility during a mandatory intervention will result in the employee's restriction from work until the abuse is in remission.

Refusal to be assessed or to follow recommendations for rehabilitation once abuse is confirmed may be grounds for termination.

## **4. Rehabilitation**

Duke recognizes substance abuse as a treatable condition. Employees with this health condition will be encouraged to participate in rehabilitation.

Should a staff member who has been in mandatory rehabilitation and follow-up fail an assessment by EOHW within the first year after returning to work, that may result in termination.

## **5. Drug Testing**

Drug testing after initial hire will be conducted only where Duke determines that reasonable cause exists to do so.

Under certain circumstances, federal or state agencies request or require staff to submit to drug testing. Duke will cooperate to a reasonable extent with such agencies in these instances.

## **Students**

### ***Student Disciplinary Sanctions – Alcohol and Other Drugs***

Students who are determined to be in violation of the Alcohol and Other Drugs Policy will face disciplinary sanctions.

#### **[The Duke Community Standard in Practice 2022-2023: A Guide for Students](#)**

Any disciplinary action may result in penalties (singly or in combination). In determining appropriate sanctions, consideration may be given to the nature of and circumstances surrounding the violation, the student's/student group's acceptance of responsibility, prior disciplinary violations, the impact of a sanction on the student/student group, precedent cases, university interests, and any other information deemed relevant by a hearing panel/officer. A comprehensive list and description of sanctions can be found here: <https://students.duke.edu/get-assistance/community-standard/outcomes-appeals/>.

## VI. LEGAL SANCTIONS

As members of the university community, students and employees are also subject to city and/or local ordinances and to state and federal law. The unlawful manufacture, distribution, possession, and/or use of controlled substances or alcohol is regulated by various federal, state, and local laws. These laws impose sanctions ranging from misdemeanor to felony convictions and criminal and civil fines. Arrest and prosecution for alleged violations of criminal law or city ordinances may result from the same incident for which the university imposes disciplinary sanctions.

### Federal Penalties and Sanctions for Illegal Possession of a Controlled Substance

The [Drugs of Abuse, A DEA Resource Guide](#) details federal sanctions for trafficking.

#### *Federal Trafficking Penalties*

Drug/Schedule	Quantity	Penalties	Quantity	Penalties
Cocaine (Schedule II)	500-4999 grams mixture	<b>First Offense:</b> Not less than 5 years and not more than 40 years. If death or serious injury, not less than 20 or more than life. Fine of not more than \$5 million if an individual, \$25 million if not an individual. <b>Second Offense:</b> Not less than 10 years and not more than life. If death or serious injury, life imprisonment. Fine of not more than \$8 million if an individual, \$50 million if not an individual.	5 kgs or more mixture	<b>First Offense:</b> Not less than 10 years and not more than life. If death or serious injury, not less than 20 or more than life. Fine of not more than \$10 million if an individual, \$50 million if not an individual. <b>Second Offense:</b> Not less than 20 years and not more than life. If death or serious injury, life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual. <b>2 or More Prior Offenses:</b> Life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual.
Cocaine Base (Schedule II)	28-279 grams mixture		280 grams or more mixture	
Fentanyl (Schedule II)	40-399 grams mixture		400 grams or more mixture	
Fentanyl Analogue (Schedule I)	10-99 grams mixture		100 grams or more mixture	
Heroin (Schedule I)	100-999 grams mixture		1 kg or more mixture	
LSD (Schedule I)	1-9 grams mixture		10 grams or more mixture	
Methamphetamine (Schedule II)	5-49 grams pure or 50-499 grams mixture		50 grams or more pure or 500 grams or more mixture	
PCP (Schedule II)	10-99 grams pure or 100-999 grams mixture		100 grams or more pure or 1 kg or more mixture	



<b>Penalties</b>		
Other Schedule I & II Drugs (and any drug product containing Gamma Hydroxybutyric Acid)	Any amount	<b>First Offense:</b> Not more than 20 years. If death or serious injury, not less than 20 years or more than life. Fine \$1 million if an individual, \$5 million if not an individual.
Other Schedule III Drugs	Any amount	<b>First Offense:</b> Not more than 10 years. If death or serious injury, not more than 15 years. Fine not more than \$500,000 if an individual, \$2.5 million if not an individual. <b>Second Offense:</b> Not more than 20 years. If death or serious injury, not more than 30 years. Fine not more than \$1 million if an individual, \$5 million if not an individual.
Flunitrazepam (Schedule IV)	1 gram	<b>Second Offense:</b> Not more than 30 years. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if not an individual.
Flunitrazepam (Schedule IV)	Other than 1 gram or more	<b>Second Offense:</b> Not more than 10 years. Fine not more than \$500,000 if an individual, \$2 million if not an individual.
All other Schedule IV Drugs	Any amount	<b>First Offense:</b> Not more than 5 years. Fine not more than \$250,000 if an individual, \$1 million if not an individual.
All Schedule V Drugs	Any amount	<b>First Offense:</b> Not more than 1 year. Fine not more than \$100,000 if an individual, \$250,000 if not an individual. <b>Second Offense:</b> Not more than 4 years. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.

**Federal Trafficking Penalties – Marijuana**

<b>Drug</b>	<b>Quantity</b>	<b>1<sup>st</sup> Offense</b>	<b>2<sup>nd</sup> Offense*</b>
Marijuana (Schedule I)	1,000 kg or more marijuana mixture; or 1,000 or more marijuana plants	Not less than 10 years or more than life. If death or serious bodily injury, not less than 20 years or more than life. Fine not more than \$10 million if an individual, \$50 million if other than an individual.	Not less than 20 years or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$20 million if an individual, \$75 million if other than an individual.
Marijuana (Schedule I)	100 kg to 999 kg marijuana mixture; or 100 to 999 marijuana plants	Not less than 5 years or more than 40 years. If death or serious bodily injury, not less than 20 years or more than life. Fine not more than \$5 million if an individual, \$25 million if other than an individual.	Not less than 10 years or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$20 million if an individual, \$75 million if other than an individual.
Marijuana (Schedule I)	More than 10 kgs hashish; 50 to 99 kg marijuana mixture More than 1 kg of hashish oil; 50 to 99 marijuana plants	Not less than 20 years. If death or serious bodily injury, not less than 20 years or more than life. Fine \$1 million if an individual, \$5 million if other than an individual.	Not less than 30 years. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if other than an individual.
Marijuana (Schedule I)	Less than 50 kgs marijuana (but does not include 50 or more marijuana plants regardless of weight) marijuana plants; 1 to 49 marijuana plants	Not less than 5 years. Fine not more than \$250,000 if an individual, \$1 million if other than an individual.	Not less than 10 years. Fine \$500,000 if an individual, \$2 million if other than an individual.
Hashish (Schedule I)	10 kg or less		
Hashish Oil (Schedule I)	1 kg or less		

\*The minimum sentence for a violation after two or more prior convictions for a felony drug offense have become final is a mandatory term of life imprisonment without release and a fine up to \$20 million if an individual and \$75 million if other than an individual. (From [www.dea.gov/sites/default/files/2020-04/Drugs%20of%20Abuse%202020-Web%20Version-508%20compliant-4-24-20\\_0.pdf](http://www.dea.gov/sites/default/files/2020-04/Drugs%20of%20Abuse%202020-Web%20Version-508%20compliant-4-24-20_0.pdf))

### ***Federal Penalties – Possession of Controlled Substance***

21 U.S.C. 844 prohibits the unauthorized possession of any controlled substance.

First conviction: misdemeanor conviction of up to 1-year imprisonment and a fine of at least \$1,000.

After one prior drug conviction: At least 15 days in prison, not to exceed 2 years and fined at least \$2,500, or both.

After two or more prior drug convictions: At least 90 days in prison, not to exceed 3 years and fined at least \$5,000.

Special sentencing provision for possession of crack cocaine: Mandatory at least 5 years in prison, not to exceed 20 years and fined up to \$250,000, or both, if:

- 1st conviction and the amount of crack possessed exceeds 5 grams.
- 2nd crack conviction and the amount of crack possessed exceeds 3 grams.
- 3rd or subsequent crack conviction and the amount of crack possessed exceeds 1 gram.

Possession offenders may also face civil fines up to \$10,000, ineligibility to receive or purchase a firearm (18 U.S.C. 922(g)), and denial of federal benefits, including student loans and grants (21 U.S.C. 853).

### **North Carolina State Laws Regarding Alcohol and Drugs**

Under North Carolina law, it is unlawful to possess a controlled substance; create, sell or deliver, or possess with intent to sell or deliver a counterfeit controlled substance; or to manufacture, sell or deliver, or possess with the intent to manufacture, sell or deliver a controlled substance. (N.C. Gen. Stat. 90-95). Penalties are based on class of the substance, number of prior convictions, and if there are any mitigating or aggravating factors. Criminal penalties for a violation of these laws include a misdemeanor or felony conviction, imprisonment, and/or fines. Repeat violations incur greater penalties. For complete information regarding North Carolina state laws governing drugs, consult the North Carolina Controlled Substances Act in the North Carolina General Statutes, [Article 5, Chapter 90 \(ncleg.net\)](#).

Under North Carolina law, it is unlawful for anyone under the age of 21 to possess, consume, purchase or attempt to purchase malt beverages, unfortified or fortified wine, spirituous liquor, or mixed beverages. It is also unlawful for anyone, regardless of age, to aid or abet another in the unlawful sale, purchase or possession of malt beverages, unfortified or fortified wine, spirituous liquor, or mixed beverages, or to fraudulently use identification in obtaining or attempting to obtain alcoholic beverages. Criminal penalties for a violation of these laws include a misdemeanor conviction, community service, possible loss of driver's license, imprisonment for up to 120 days, and/or fines. Repeat violations incur greater penalties. For complete information regarding North Carolina state laws governing alcohol, consult the North Carolina General Statutes, [Article 3, Chapter 18B.pdf \(ncleg.net\)](#). The complete statutes are available online at <https://www.ncleg.gov/Laws/GeneralStatutes>.

## APPENDIX 1

Substance	Nicknames/ Slang Terms	Short-term Effects	Long-Term Effects
Alcohol		slurred speech, drowsiness, headaches, impaired judgment, decreased perception and coordination, distorted vision and hearing, vomiting, breathing difficulties, unconsciousness, coma, blackouts	toxic psychosis, physical dependence, neurological and liver damage, fetal alcohol syndrome, vitamin B1 deficiency, sexual problems, cancer, physical dependence
Amphetamines	uppers, speed, meth, crack, crystal, ice, pep pills	increased heart rate, increased blood pressure, dry mouth, loss of appetite, restlessness, irritability, anxiety	delusions, hallucinations, heart problems, hypertension, irritability, insomnia, toxic psychosis, physical dependence
Barbiturates and Tranquilizers	barbs, bluebirds, blues, yellow jackets, red devils, roofies, rohypnol, ruffies, tranqs, mickey, flying v's	slurred speech, muscle relaxation, dizziness, decreased motor control	severe withdrawal symptoms, possible convulsions, toxic psychosis, depression, physical dependence
Cocaine	coke, crack, snow, powder, blow, rock	loss of appetite, increased blood pressure and heart rate, contracted blood vessels, nausea, hyperstimulation anxiety, paranoia, increased hostility, increased rate of breathing, muscle spasms and convulsions, dilated pupils, disturbed sleep	depression, weight loss, high blood pressure, seizure, heart attack, stroke, hypertension, hallucinations, psychosis, chronic cough, nasal passage injury, kidney, liver and lung damage
Gamma Hydroxy Butyrate	GHB, liquid E, liquid X, liquid ecstasy, G, Georgia homeboy, grievous bodily harm	euphoria, decreased inhibitions, drowsiness, sleep, decreased body temperature, decreased heart rate, decreased blood pressure	memory loss, depression, severe withdrawal symptoms, physical dependence, psychological dependence
Heroin	H, junk, smack, horse, skag	euphoria, flushing of the skin, dry mouth, "heavy" arms and legs, slowed breathing, muscular weakness	constipation, loss of appetite, lethargy, weakening of the immune system, respiratory (breathing) illnesses, muscular weakness, partial paralysis, coma, physical dependence, psychological dependence

Substance	Nicknames/ Slang Terms	Short-term Effects	Long-Term Effects
Ketamine	K, super K, special K	dream-like states, hallucinations, impaired attention and memory, delirium, impaired motor function, high blood pressure, depression	urinary tract and bladder problems, abdominal pain, major convulsions, muscle rigidity, increased confusion, increased depression, physical dependence, psychological dependence
LSD	acid, stamps, dots, blotter, A-bombs	dilated pupils; change in body temperature, blood pressure, and heart rate; sweating; chills; loss of appetite; decreased sleep; tremors; changes in visual acuity; mood changes	may intensify existing psychosis, panic reactions; can interfere with psychological adjustment and social functioning; insomnia; physical dependence; psychological dependence
Marijuana/ Cannabis	pot, grass, dope, weed, joint, bud, reefer, doobie, roach, Maryjane, 420	sensory distortion, poor coordination of movement, slowed reaction time, panic, anxiety	bronchitis, conjunctivitis, lethargy, shortened attention span, suppressed immune system, personality changes, cancer, psychological dependence, physical dependence possible for some
MDMA	ecstasy, XTC, Adam, X, rolls, pills, Molly	impaired judgment, confusion, blurred vision, teeth clenching, depression, anxiety, paranoia, sleep problems, muscle tension	same as LSD, sleeplessness, nausea, confusion, increased blood pressure, sweating, depression, anxiety, memory loss, kidney failure, cardiovascular problems, convulsions, death, physical dependence, psychological dependence
Mescaline	peyote cactus	nausea; vomiting; anxiety; delirium; hallucinations; increased heart rate, blood pressure, and body temperature	lasting physical and mental trauma, intensified existing psychosis, psychological dependence

Substance	Nicknames/ Slang Terms	Short-term Effects	Long-Term Effects
Morphine/ Opiates	M, morf, duramorph, Miss Emma, monkey, roxanol, white stuff	euphoria, increased body temperature, dry mouth, “heavy” feeling in arms and legs	constipation, loss of appetite, collapsed veins, heart infections, liver disease, depressed respiration, pneumonia and other pulmonary complications, physical dependence, psychological dependence
PCP	crystal, tea, angel dust, embalming fluid, killer weed, rocket fuel, supergrass, wack, ozone	shallow breathing, flushing, profuse sweating, numbness in arms and legs, decreased muscular coordination, nausea, vomiting, blurred vision, delusions, paranoia, disordered thinking	memory loss, difficulties with speech and thinking, depression, weight loss, psychotic behavior, violent acts, psychosis, physical dependence, psychological dependence
Psilocybin	mushrooms, magic mushrooms, shrooms, caps, psilocybin & psilocyn	nausea, distorted perceptions, nervousness, paranoia	confusion, memory loss, shortened attention span, flashbacks may intensify existing psychosis
Steroids	roids, juice	increased lean muscle mass, increased strength, acne, oily skin, excess hair growth, high blood pressure	cholesterol imbalance, anger management problems, masculinization in women, breast enlargement in men, premature fusion of long bones preventing attainment of normal height, atrophy of reproductive organs, impotence, reduced fertility, stroke, hypertension, congestive heart failure, liver damage, psychological dependence

### Miscellaneous

Revocation of certain local, state, or federal licenses and benefits (e.g., pilot licenses, public housing tenancy) are vested within the authorities of individual government agencies.

## APPENDIX 2

### Detox/Residential Treatment Options

- ***Fellowship Hall***  
5140 Dunstan Road, Greensboro, NC 27405  
800-659-3381  
<https://www.fellowshiphall.com/>
- ***Wilmington Treatment Center***  
2520 Troy Drive, Wilmington, NC 28401  
<https://www.wilmingtontreatment.com/>

### Intensive Outpatient (IOP) Treatment Options

- ***University of North Carolina (UNC) Substance Treatment and Recovery (STAR) IOP***  
Daytime groups only  
1101 Weaver Dairy Road, Suite 103, Chapel Hill, NC 27514  
984-974 6320  
<https://www.uncmedicalcenter.org/uncmc/care-treatment/substance-treatment-and-recovery-star/>
- ***First Step Services – Cary***  
Group times: Mon./Tues./Fri. 6pm-9pm  
128 Quade Drive, Cary, NC 27513  
919-651-8349  
<https://firststepnc.com/cary-substance-use-treatment/>
- ***First Step Services – Raleigh***  
Group times: Mon./Wed./Fri. 9am-12pm and Mon./Tues./Thurs. 6pm-9pm  
211 East Six Forks Road, Suite 117, Building B, Raleigh, NC 27609  
919-833-8899  
<https://firststepnc.com/raleigh-location/>
- ***Wilmington Treatment Center – Raleigh***  
Group times: Mon./Tues./Thurs./Fri. 6pm-9pm (8-week program)  
3801 Lake Boone Trail, Suite 200, Raleigh, NC 27607  
919-948-1150
- ***Triangle Springs***  
10901 World Trade Boulevard, Raleigh, NC 27617  
919-746-8900  
trianglespringsinfo@sps.com  
<https://trianglesprings.com/>

### Traditional Outpatient Treatment (Not IOP) Treatment Options

- ***All IOPs listed above*** also offer traditional outpatient treatment
- ***Actualities Limited***  
Anita Daniels, LCAS  
116 East Corporation Street, Durham, NC 27701  
919-599-9900

[actualitiesltd@aol.com](mailto:actualitiesltd@aol.com)  
<https://actualitiesltd.com/>

- ***Alpha Psych Associates***  
Rohima Miah, M.D. (Addictionologist)  
401 Keisler Drive, Suite 100, Cary, NC 27518  
919-439-6120  
<https://www.alphapsychiatry.com/>
- ***Best Life Inc.***  
Anne Hendricks, M.D. (Addictionologist)  
2121 Guess Road, Durham, NC 27705  
919-251-8609  
<https://yourfirststep.org/treatment-center/best-life-inc-durham-nc/>
- ***Changes By Choice***  
Jane Finch, LCSW  
Maria Michalski, LCAS  
909 Broad Street, Durham, NC 27701  
919-416-4800  
<https://changesbychoice.com/>
- ***Christine Dieterle, LPC, LCASA***  
401 Providence Road, Suite 200, Chapel Hill, NC 27514  
919-339-3925  
[christine@dieterletherapy.com](mailto:christine@dieterletherapy.com)  
<http://www.dieterletherapy.com/>
- ***Christine Tronnier, LCSW, LCAS***  
811 Ninth Street, #220, Durham, NC 27705  
919-307-5277
- ***Dharma Counseling Services***  
Dharma Pantha, LCAS  
Individual and group counseling  
Group times: Wed./Fri. 6pm-9pm and Sat. 9am-12pm  
3325 Chapel Hill Boulevard, Suite 230-C, Durham, NC 27707  
919-655-9077  
[info@dharmacounselingservice.com](mailto:info@dharmacounselingservice.com)  
<https://www.dharmacounselingservice.com/>  
(Pending IOP certification)
- ***Donna Boni, LCSW, LCAS***  
919-338-3959  
[donna@donnaboni.com](mailto:donna@donnaboni.com)  
<http://donnaboni.com/>
- ***Duke Addictions Program***  
Ashwin Patkar MD (Addictionologist)  
Rob Kinnan, CCSW  
Christine Tew, LCAS



Andrea Winkler, LCAS  
2213 Elba Street, Durham, NC 27705  
919-684-0100

These agencies provide a variety of services which may include intake/evaluation, adolescent and adult outpatient services, DUI evaluation, referral for residential treatment services. Interested individuals are encouraged to contact each agency for additional information regarding specific services and costs.