



Universidad Ana G. Méndez
Dean of Students

Prevention Program on the use and abuse of drugs, alcohol and tobacco

The use or abuse of drugs and alcohol can cause serious risks to physical and emotional health. In addition, it can alter judgment and decision-making, which can lead to dangerous or high-risk behaviors for your safety and that of the entire university community.

As part of the commitment of the Universidad Ana G. Méndez to maintain a healthy study environment and in compliance with the *Drug Free School and Campuses Regulations (EDGAR Part 86)*, the Prevention Program on Drug, Alcohol and Tobacco Abuse of the Universidad Ana G. Méndez is established.

The objective of the Prevention Program on Drug, Alcohol and Tobacco Abuse is to improve the quality of life of the student community by creating healthy environments in the university environment by strengthening the educational resources associated with the prevention of drug, alcohol and tobacco use. Among the strategies that are developed to meet this objective are:

- Prevention workshops and talks on drug and alcohol use and abuse
- Dissemination of institutional policies and regulations for a community free of alcohol, tobacco and controlled substances
- Development of information material on health consequences of drug, alcohol and tobacco use and abuse; applicable laws and penalties
- Disclosure of information about support services available within the Campus and in the community

The Universidad Ana G. Méndez does not exclude from participation, nor does it deny benefits, nor does it discriminate against any person because of age, race, color, sex, sexual orientation, gender identity, national origin, impediment, social status, political affiliation, political or religious ideas or for being a victim or being perceived as a victim of domestic violence, sexual assault or stalking or for being a

military, ex-military, serving or having served in the Armed Forces of the United States or for holding veteran status, or any other category protected by law.

Policy for a drug, alcohol and tobacco-free community and work and study environment

The Universidad Ana G. Méndez strictly prohibits students from using, consuming, buying, selling, distributing, hiding, storing, transporting, possessing and/or being under the influence of alcohol or any controlled substance in the university, academic tasks, activities or tasks assigned, on or off campus or student area or in activities sponsored by the institution. Any student who engages in this behavior will be in violation of the Policy. As a consequence, sanctions will be applied as established in the Student Regulations.

In addition, it is forbidden to present oneself to the university or any of the other institutions of the Universidad Ana G. Méndez, or activities sponsored by them, under the influence of any of the following substances or articles:

- illegal drug or related substances;
- non-straight drug that may cause a negative side effect and risk safety at work and/or any controlled substance;
- synthetic, designer, or similar drugs; alcoholic beverages and,
- drug paraphernalia and
- vapping

Students who violate these provisions will be subject to appropriate disciplinary sanctions, including suspension or expulsion from the institution.

Process of dissemination to students of the Policy for a community and a study and work environment free of drugs, alcohol and tobacco

The Policy for a Drug, Alcohol and Tobacco-Free Community and Work Environment is disseminated to all students enrolled at different academic levels and study modalities. A combination of outreach methods to the student community is used, including publishing on the university's website, institutional emailing, and orientation activities for first-year students.

Institutional rules and disciplinary measures

The Institutional Rules of the Student Regulations in Article VI, Sec. 2, establish the prohibition of the use of alcoholic beverages, stimulants or narcotics in institutions, premises, housing sponsored by the university, academic, social, cultural, sports activity and in other internal and external activities sponsored by it.

The use, possession, sale and distribution of alcoholic beverages, narcotics, drugs or hallucinogens is considered a serious offense. The disciplinary sanctions established by the Student Regulations in Article IX, Sec. 10 for incurring a serious offense may be:

- Provisional or summary suspension for a specified period of time
- Suspension for the term in progress
- Suspension for one academic year
- Indefinite suspension
- Monetary payment for damage caused or illegally appropriated property
- Expulsion from the Institution
- Other sanctions that the Disciplinary Council or Committee deems necessary

Article VI, Section 2 of the Student Regulations establishes the prohibition of smoking tobacco products in any facility of the institution and its premises. The Policy for a Drug, Alcohol, and Tobacco-Free Community and Work Environment, Part IV, also provides for a prohibition of the use of tobacco, cigarettes, and e- cigarettes within university grounds.

Federal Financial Aid Penalties for Drug Law Violation

A student will be ineligible to receive Title IV (Higher Education Act; HEA), if convicted of a crime under any Federal or State Law related to the possession or sale of illicit drugs, when such conduct occurs during the period the student is enrolled and receiving such funds. The time of ineligibility of financial aid after being convicted will depend on the instances or number of times that the possession or sale of illicit drugs occurs.

Drugs and their effects

The use and abuse of drugs, alcohol and tobacco can cause significant harm to health. Here is a summary of the health risks that can result from the use of alcohol, tobacco, and other drugs (Source: *National Institute on Drug Abuse*).

DRUGS	DESCRIPTION	EFFECTS
ALCOHOL	It is produced through the fermentation of yeast, sugars and starches. It is an intoxicating ingredient (ethyl alcohol or ethanol) found in beer, wine and liquor and a central nervous system depressant.	<ul style="list-style-type: none"> • It affects every organ in the body and can lead to alcoholism. • Alcohol poisoning can damage brain function and motor skills. • Excessive consumption can increase the risk of stroke, cancer, and liver disease. • Its consumption during pregnancy can cause mental retardation and other serious problems to the health of the baby.
COCAINE	It is made of coca leaf silvers. It is a stimulant that affects the central nervous system. It can be inhaled or dissolved in water to be injected. Crack cocaine is cocaine processed in a crystal rock that generates vapors and is smoked.	<ul style="list-style-type: none"> • It produces a state of euphoria of short duration. • Increased heart rate and blood pressure. • Risk of heart or brain attacks that can result in sudden death. • Risk of contracting HIV or Hepatitis C by sharing needles or other equipment to inject drugs or by engaging in risky sexual behaviors due to lack of judgment
HEROIN	It is produced from morphine, can be injected, inhaled or smoked.	<ul style="list-style-type: none"> • Fatal overdose • Miscarriage • Infectious diseases (HIV, Hepatitis) • Physical dependence • It can cause harm to the baby: low birth weight, developmental delay, you can be born with neonatal abstinence syndrome. • Its chronic use can lead to vein occlusion, infection of the endocardium and heart valves, abscesses, constipation, colic, gastrointestinal, liver and kidney disease, and pulmonary complications.

INHALANTS	Volatile substances that produce chemical vapors that can be inhaled. They can be a variety of products found at home or at work (spray paints, cleaning liquids, etc.) that contain volatile substances with psychoactive properties.	<ul style="list-style-type: none"> • Most produce rapid alcohol-like intoxication. • Slurred speech, lack of coordination, euphoria and dizziness, lightheadedness, hallucinations, and delirium. • In high concentrations they can cause death from heart failure or suffocation • When inhaled repeatedly many users feel less inhibited and less controlled, drowsy for several hours and persistent headache. • It can cause brain damage by cutting off the flow of oxygen to the brain.
MARIJUANA	It is a mixture of dried and chopped flowers, stems, seeds and leaves of the hemp leaf, cannabis sativa.	<ul style="list-style-type: none"> • Short-term effects include euphoria, distorted perception, impaired coordination, difficulty thinking and solving problems, disturbances of learning and memory. • During pregnancy it is associated with an increased risk of behavioral problems in the baby. • It can cause short- and long-term effects for cardiopulmonary and mental health.
MEDICINES PRESCRIPTION (OR PRESCRIBED)	It occurs when people take a medication prescribed for someone else or take it for a different reason or in a different way or amount than those indicated by the doctor. Some of the medications that are commonly used are opioids (prescribed for pain), nervous system depressants (prescribed for anxiety and sleep disorders), and stimulants (for Attention and narcolepsy).	<ul style="list-style-type: none"> • Prolonged use of opioids and depressants can lead to physical dependence and addiction. • They can affect the brain in a similar way to illicit drugs. • Opioids can cause drowsiness, constipation, and reduced breathing. • Nervous system depressants decrease brain function when combined with other medications that cause drowsiness, slow heart rate and breathing. • Stimulants can cause anxiety, paranoia, high body temperature, and irregular heartbeat or seizures.
TOBACCO	One of the most widely used addictive drugs.	<ul style="list-style-type: none"> • Development of lung cancer, emphysema and bronchial disorders. • Carbon monoxide in smoke increases the risk of cardiovascular disease. • Miscarriage, low birth weight, or premature babies • Passive smoke inhalation can cause serious diseases: lung cancer, heart disease, reduced lung function and respiratory infections and death.
CLUB DRUGS (LSD AND OTHER HALLUCINOGENS)	Varied group of psychoactive compounds used in nightclubs, bars, rave parties or in "trance" music (LSD, GHB, ecstasy and methamphetamines).	<ul style="list-style-type: none"> • Distortion of perception, feelings of isolation and of the environment and of the same person. • Some work as sedatives and others can cause coma and seizures, delirium or amnesia.
ANABOLIC STEROIDS	Synthetic substances similar to testosterone. They are taken orally or injected. Some athletes, bodybuilders, and others abuse them to improve their performance or physical appearance.	<ul style="list-style-type: none"> • They can cause serious health effects that can be irreversible such as damage to the kidneys and liver and cardiovascular problems.

Applicable Laws and Penalties

The laws of Puerto Rico and the United States criminalize the distribution, possession, sale, manufacture and transportation of controlled substances. Violation of these laws carries penalties of imprisonment or fines.

Puerto Rico Controlled Substances Act

Law No. 4 of June 23, 1971, as amended (Puerto Rico Controlled Substances Act) provides in Article 401(a): It shall be illegal, except in the authorized form, for any person, knowingly or intentionally:

- Manufactures, distributes, dispenses, transports or conceals or possesses with the intent to manufacture, distribute, dispense, transport or conceal, shall exceed a controlled substance;
- Produces, distributes or dispenses, transports or conceals or possesses with intent to distribute, transport or conceal a counterfeit substance.

Section 401(b) provides for the following penalties:

Controlled substance	Type of crime	First crime ¹	Recidivism ²
Heroin, Morphine, Methadone, Cocaine	Grave	<ul style="list-style-type: none">• 10 to 30 years in prison• Fine of up to \$25,000	<ul style="list-style-type: none">• 20 to 50 years in prison• Fine up to \$50,000
LSD	Grave	<ul style="list-style-type: none">• 5 to 20 years in prison• Fine of up to \$20,000	<ul style="list-style-type: none">• 10 to 40 years in prison• Fine of up to \$30,000
Marijuana, Amphetamine, Nolorfin, Codeine (not more than 1-80 g. w/c 100 ml.)	Grave	<ul style="list-style-type: none">• 5 to 20 years in prison• Fine of up to \$15,000	<ul style="list-style-type: none">• 10 to 20 years in prison• Fine of up to \$30,000
Phenobarbita l Barbita	Grave	<ul style="list-style-type: none">• 2 to 5 years in prison• Fine of up to \$10,000	<ul style="list-style-type: none">• 4 to 10 years in prison• Fine of up to \$20,000

¹ Conditional on aggravating or mitigating factors, fines at the discretion of the Court and in addition to the prison sentence.

² Conditional on aggravating or mitigating factors, fines at the discretion of the Court and in addition to the prison sentence. ⁴ Conditional on aggravating or mitigating factors, fines at the discretion of the Court and in addition to the prison sentence. ⁵ Conditioned to aggravating the attenuating.

Codeine (not more than 200 mg. w/c 100 ml.)	Grave	<ul style="list-style-type: none"> • 1 to 3 years in prison • Fine of up to \$5,000 	<ul style="list-style-type: none"> • 2 to 6 years in prison • Fine of up to \$10,000
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C. It shall be unlawful for any person, knowingly or intentionally, to possess any controlled substance, unless such substance has been obtained directly or in accordance with a prescription or order from a professional acting within the framework of his or her professional practice, or except as authorized by this Act.

Penalties for violation of Section 404(a)

Controlled substance	Type of crime	First crime ⁴	Recidivism ⁵
All	Grave	<ul style="list-style-type: none"> • Imprisonment for 2 to 5 years • Fine of up to \$5,000 	<ul style="list-style-type: none"> • Imprisonment for 4 to 10 years

D. Art. 411 Introduction of drugs in schools or institutions (t24 L.P.R.A.). sec 2411a)

Any person who knowingly or intentionally and in violation of the provisions of this chapter, introduces, distributes, dispenses, administers, possesses or transports for the purpose of distribution, sells, gives away in any form or simply possesses any controlled substance in or in the vicinity of a public or private school, recreational facility, public or private shall be guilty of a felony.

Applicable penalties

In the case of the first offense, you will be charged with double the penalty provided by section 401(b) or 404(a). In case of recidivism for simple possession, the penalty to be imposed will be triple that established by article 404(a). In case of recidivism by introduction, distribution, possession for the purpose of distribution or sale, a penalty of a fixed term of 99 years will be imposed.

E. Title 21 United States Code, Controlled Substance Act.

Section 884 states:

“It shall be unlawful for any person knowingly or intentionally to possess a controlled substance unless such substance was obtained directly, or pursuant to a valid prescription or order, from a practitioner, while acting in the course of his professional practice, or except as otherwise authorized by this subchapter.”

Controlled substance	Type of crime	First crime ⁶	Recidivism ⁷
All	Grave	<ul style="list-style-type: none"> • Imprisonment for up to 1 year • Fine of up to \$1,000 	<ul style="list-style-type: none"> • Imprisonment for up to two years • Fine of up to \$2,500

Penalties for illicit drug trafficking

Controlled substance	Quantity	First crime ⁸	Recidivism ⁹
Marijuana or a mixture containing it	1,000 kg. or more 1,000 plants or more	<ul style="list-style-type: none"> • Not less than 10 years, no more for life • Up to \$4,000,000 in fines 	<ul style="list-style-type: none"> • Not less than 20 years, no more for life • Up to \$8,000,000 in fines
Marijuana or a mixture containing it	100-1,000 kg. the 100-999 plants	<ul style="list-style-type: none"> • 5 to 40 years in prison • Up to \$2,000,000 in fines 	<ul style="list-style-type: none"> • Not less than 10 years, no more for life • Up to \$4,000,000 in fines

Marijuana or Hashish	Marijuana: 50 to 100 kg or 50 to 99 plants	<ul style="list-style-type: none"> Up to 20 years in prison 	<ul style="list-style-type: none"> Up to 30 years in prison
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⁶Subject to aggravating or mitigating circumstances, fines at the discretion of the Court and in addition to imprisonment. ⁷Conditioned to aggravating or mitigating factors.

⁸Conditional on aggravating or mitigating factors, fines at the discretion of the Court and in addition to the prison sentence.

⁹Conditional on aggravating or mitigating factors, fines at the discretion of the Court and in addition to the prison sentence.

	Hashish: 10 - 100 kg. Hashish oil: 1 - 100 kg.	<ul style="list-style-type: none"> Up to \$1,000,000 in fines 	<ul style="list-style-type: none"> Up to \$2,000,000 in fines
Marijuana or Hashish	Marijuana: less than 50 kg. Hashish: less than 10 kg. Hashish oil: less than 1 kg.	<ul style="list-style-type: none"> Up to 5 years in prison Up to \$250,000 in fines 	<ul style="list-style-type: none"> Up to 10 years of prison Up to \$500,000 in fines.
Cocaine, Fentanyl, Heroin, LSD, Methamphetamine, PCP	Cocaine: 500-4,999 g. mixed Cocaine as a base: 5-49 g. mixed Fentanyl: 40-399 g. mixed Fentanyl analogue: 10-99 g. mixed Heroin:100-999 g. mixed LSD:1- 9 g. mixto Methamphetamine: 5-49 g. pure or 50 -499 g. mixed PCP: 10-99 g. pure or 100-999 g. mixed.	<ul style="list-style-type: none"> 5 to 40 years in prison or 20 years to life in prison, if there are deaths involved Fines of up to two million per individual 	<ul style="list-style-type: none"> 10 years-life imprisonment Si there are deaths involved, life imprisonment. Up to \$4 million in fines per individual.
Cocaine, Fentanyl, Heroin, LSD, Methamphetamine, PCP	Cocaine: 5 kgs. or more mixed Cocaine as a base: 280 g. or more mixed Fentanyl: 400 or more g. mixed Fentanyl analogue: 100 g. or more mixed Heroin: 1 kg. or more mixed LSD:10 g. or more mixed Methamphetamine: 50 g. or purer or 500 g. or more mixed PCP: 100 g. or purer or 1 kg. or more mixed.	<ul style="list-style-type: none"> 10 years – life imprisonment or 20 years or life imprisonment if there are deaths involved Up to \$4 million in fines per individual 	<ul style="list-style-type: none"> 20 years - life imprisonment, if there is death, life imprisonment. Up to \$8 million in fines per individual.

Puerto Rico Vehicle and Traffic Act (Act No. 22 of 2000, as amended)

The Puerto Rico Vehicle and Transit Law in Articles 7.01, 7.02 and 7.03 establishes that:

It will be unlawful for any person under the influence of intoxicating beverages, drugs or controlled substances to drive or operate any motor vehicle.

It shall be perhaps unlawful for any person to drive or operate a motor vehicle, when its alcohol content in his blood is eight (8) hundredths of one (1) percent (.08%), or more, as such level or concentration arises from the chemical or physical analysis of his blood or breath. In the case of drivers of trucks, school buses, heavy utility

vehicles and heavy motor vehicles, the above provision shall apply when the driver's blood alcohol content is two (2) hundredths of one (1) percent (.02%) or more.

It shall be unlawful for any person who is under the influence of any narcotic drug, marijuana, stimulant or depressing substance, or any chemical or controlled substance, to the extent that renders him or her unable to drive a vehicle safely, to drive or have actual physical control of a motor vehicle on public roads.

Penalties for driving under the influence of alcohol

Conviction	Fine	Prison	License Suspension	Treatment or rehabilitation
First conviction	\$500 +50 for every hundredth additional on the alcohol limit Restitution if applicable	5-15 days of no comply with the above	No more than 30 days	Compulsory assistance to an orientation program for \$50.
Second conviction	\$750+50 for every hundredth on the alcohol limit Restitution if applicable	15-30 days	Not less than one year or combination of the following penalties: Suspension of driving privileges. Evaluation and ordering for treatment.	Ignition interlock device Driving a single vehicle You will have to bear the cost of installing the device Minimum 30 days of community service
Third and subsequent convictions	\$2,000 - \$2,500+50 for each hundredth on the alcohol limit Restitution if applicable	60 days to 6 months	Indefinite	Minimum of 60 days of community service

The alcohol concentration prohibited by law is: 0.08% or more for people over the age of 21, 0.02% or more for persons aged 18 to 20 and under the age of 18 cannot drive with alcohol content in their blood.

Source: Commission for Traffic Safety

Student Support Resources

The Office of Quality of Life and the Office of Student Services in the university centers offers support services for the student community. We encourage you to maintain healthy lifestyles that contribute to the achievement of your goals and avoid behaviors that can cause serious consequences for your life or that of other people.

Services:

- Individual Counseling
- Prevention Educational Activities
- Psychological Services
- Services for Students with Disabilities
- Referrals to other professional support services in the community

For additional guidance and information, you can call (787) 766-1717, ext. 3745.

Community Help Resources

Mental Health and Addiction Services Administration (ASSMCA)

PAS Line 988 | 1-800-981-0023 - Line 24/7

Deaf support services 1-888-672-7622

LINEAPAS.ASSMCA.PR.GOV

Hospital Panamericano, Inc.

(787) 739- 5555

1-800-981-1218 – Line 24/7

Iniciativa Comunitaria

(787) 250-8629

Psychotherapeutic Institute of Puerto Rico (INSPIRA)

(787) 704-0705

San Juan Capestrano System

1-855-796-0931

Reference:

Olivo, A. (2016). Consulta legal sobre Leyes y Penalidades. U.S Department of Justice. Drug Enforcement Administration. Office of Diversion Control (2014). Retrieved from <http://www.dea.gov/diversion/21cfr/21usc/>

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