

SUBSTANCE ABUSE PREVENTION PROGRAM

FIDM/Fashion Institute of Design & Merchandising is committed to maintaining an environment free from substance abuse, chemical dependency, and illegal drug use. In making this commitment, FIDM acts in compliance with the Federal Drug-Free Schools and Communities Act of 1989, and the California Drug-Free Workplace Act of 1990.

Following are descriptions of FIDM policies concerning substance abuse, of the risks surrounding such abuse, and of the resources available to those seeking help with drug and alcohol related problems.

The FIDM Policy on Alcohol and Drug Abuse

ALCOHOL & SUBSTANCE-FREE ENVIRONMENT

FIDM is committed to providing a workplace and school environment free of alcohol, illegal drugs, un-prescribed drugs, or paraphernalia used for these substances. Violation of this policy may result in immediate dismissal from academic programs or college-related employment. In compliance with local ordinances, all FIDM campuses are non-smoking; smoking is only permitted outside of the building. Smoking includes, but is not limited to, cigarettes, cigars, snuff, smoking tobacco, smokeless tobacco, nicotine, nicotine-delivering devices, chemicals or devices that produce the same flavor or physical effect of nicotine substances; and any other tobacco innovation.

Alcohol: FIDM prohibits the possession and consumption of alcoholic beverages on all campuses and at all college functions, except when approved by the Board of Administration.

Drugs: FIDM prohibits the use, possession, distribution, sale, attempted sale, or manufacture of illegally obtained controlled substances or illegal drugs on FIDM property and at FIDM functions.

Controlled substances are identified in federal and state laws or regulations. They include, but are not limited to, narcotics, depressants, stimulants, hallucinogens, cannabis, and any prescription drug except when used in accordance with the instructions of a licensed physician or dentist.

Legal Sanctions

FIDM students and employees should be aware of current federal, state, and local laws pertaining to the use of alcohol and controlled substances, including the following:

✓ Federal Laws Governing Controlled Substances

To manufacture, distribute, or dispense, or possess with intent to manufacture, distribute, or dispense, a controlled substance constitutes a felony. (U.S. code, Title 21, Section 841)

Illegal possession for personal use of all scheduled drugs/controlled substances is liable to a civil penalty not to exceed \$10,000. (U.S. code, Title 21, Section 844a)

Foreign nationals convicted of violating any U.S. federal or state law or regulation, or the laws of their country, relating to a controlled substance, are subject to deportation and exclusion from re-entry into the United States. (U.S. code, Title 8, Section 1251)

✓ California Laws Governing Marijuana

Cultivation (growing or harvesting) or possession for sale of marijuana constitutes a felony. A felony conviction may involve confinement in a state prison. (California Health & Safety Code 11358 and 11359)

Possession of not more than (28.5) grams of marijuana for personal use constitutes a misdemeanor. A misdemeanor conviction may involve fines and confinement in state prison. (California Health & Safety Code 11357[b])

✓ California Laws Governing Alcohol

No person may sell, furnish, give, or cause to be sold any alcoholic beverage to a person under the age of 21. No person under the age of 21 may purchase alcoholic beverages. (California Business and Professions Code 25658)

It is unlawful for any person under the age of 21 to possess alcoholic beverages on any street or highway or in any place open to the public. (California B&P Code 25662)

It is unlawful for any person to drink while driving, or to have an open container of an alcoholic beverage in a moving vehicle. With a blood alcohol level of .08% or higher, a driver is presumed under the influence of alcohol. Between .05% and .08%, a person may be found guilty of driving under the influence (DUI). (California Vehicle Code 23152)

✓ Local Codes and Ordinances Governing Alcohol

Codes vary from one jurisdiction to another. Most offenses are infractions subject to citation, but some may constitute misdemeanors. The following laws are typical:

It is unlawful for any person to possess an open container containing an alcoholic beverage in public on city property. It is unlawful to drink alcoholic beverages in public places (beaches, parks, malls, streets). It is unlawful to be inebriated in public.

HEALTH RISKS OF SUBSTANCE ABUSE

Substance abuse—the continued misuse of alcohol, illegal drugs, or prescription drugs—may result in a wide spectrum of extremely serious health and behavioral problems.

Acute health problems may include heart attack, stroke, and death, which—in the case of some drugs, such as cocaine—can occur suddenly after first-time use. Long-lasting health effects of drugs and alcohol may include disruption of normal heart rhythm, high blood pressure, pulmonary damage, leaks of blood vessels in the brain, bleeding and destruction of brain cells and permanent memory loss, infertility, impotency, immune system impairment, kidney failure, and liver disease.

Drug use during pregnancy may result in fetal damage and birth defects, causing hyperactivity, neurological abnormalities, and developmental difficulties.

In addition, severe behavioral effects influencing the safety and health of the substance abuser and others may accompany drug and alcohol use. Alcohol-related accidents kill over 2,900 people per year in the 16-to-20-year-old range.

✓ Effects of Specific Drugs

Alcohol

- Flushed face, bloodshot eyes, slurred speech, hangover
- Loss of coordination, altered perception
- Slowed reactions, drowsiness, lethargy, uncharacteristic loudness or quietness
- Damage to central nervous system
- Damage to brain, kidneys, pancreas, stomach, and colon
- Liver damage: alcoholic hepatitis, cirrhosis
- In pregnant women, birth defects such as fetal alcohol syndrome
- Death

Marijuana

- Dilated pupils, bloodshot eyes, dry mouth
- Unusual smiling or giggling
- Stimulated appetite
- Increased heart rate
- Loss of coordination, concentration
- Dulled reflexes, responses
- Disturbed perception, fixation on objects
- Impaired judgment and short-term memory
- Apathy
- Euphoria, relaxed inhibitions
- Chronic lung disease, emphysema, hormonal imbalance, cancer

Inhalants (Aerosols, Gasoline, Model Airplane Glue, Nail Polish Remover, Paint, Paint Thinner, Solvents, White-Out)

- Dilated pupils, glazed or bloodshot eyes
- Disorientation, loss of coordination, dizziness
- Loss of appetite, weight loss, drowsiness
- Headaches, nosebleeds, runny nose, sneezing, excessive coughing
- Heart failure, damage to liver, kidney, blood, and bone marrow

Depressants, Barbiturates, Sedatives (Valium, Quaaludes)

- Constricted pupils, slurred speech
- Loss of energy, intoxicated appearance, drowsiness, hangover
- Loss of coordination and concentration
- Convulsions, coma
- Death by overdose

Cocaine (powder is inhaled or ingested; crack is “freebased”)

- Dilated pupils, dry mouth
- Increased heart rate and blood pressure
- Arrogance, false sense of confidence
- Increased activity or talkativeness, animated behavior, restlessness
- Extreme alertness, vigilance
- Paranoia, irritability
- Depressed appetite, weight loss, perhaps alternating with food binges
- Frequent insomnia
- Chronic runny nose, sniffing, sore throat, coughing, nasal bleeding
- Hand tremors, sweating
- Depression or withdrawal
- Seizures
- Possible cardiac and respiratory arrest, stroke, or death

Methamphetamine (Meth)

- Increased alertness
- Excitation
- Euphoria
- Increased pulse rate and blood pressure
- Insomnia
- Paranoia, irritability
- Decreased appetite
- Extremely addictive
- Increase in violent behavior
- Hallucinations
- Seizures
- Possible cardiac and respiratory arrest, stroke, or death

WHERE TO GET HELP

✓ FIDM Resources

These staff members will provide referrals to self-help support groups and licensed healthcare providers:

FIDM, LA Campus

Main phone line: (213) 624-1200
Personal Counselor, Jessica Cattani, ext. 4556, Room A 203B

FIDM, SF Campus

Main phone line: (415) 675-5200
Shannel Busuic, Personal Counselor, ext. 1529, Room 514
Kim Wetzel, Director of Education, ext. 1530, Suite 600

FIDM, OC Campus

Main phone line: (949) 851-6200
Boontarika Sripom, Personal Counselor, ext. 1799, Room 149
Lynne Stroner, Education & Career Center Manager, ext. 1764, Room 154

FIDM, SD Campus

Main phone line: (619) 235-2049
Denise Baca, Campus Director ext. 1830, Room 3110
Kacey Wehr, Personal Counselor, ext. 1831, Room 3145

✓ Treatment Resource Information:

National Council on Alcoholism and Drug Dependence www.ncadd.org or (800) NCA-CALL

LA County Information line (Community Referral Hotline)
(800) 339 – 6993 **OR** 211

Alcoholics Anonymous www.aa.org

Los Angeles	(323) 936-4343
Orange County	(714) 556-4555
San Diego	(619) 265-8762
San Francisco	(415) 674-1821

Cocaine Anonymous www.ca.org

Los Angeles	(310) 216-4444
Orange County	(949) 650-1011
San Diego	(866) 242-2248
San Francisco	(415) 821-6155

Narcotics Anonymous www.na.org

Los Angeles	(310) 390-0279
Orange County	(949) 661-6183
San Diego	(800) 479-0062
San Francisco	(415) 621-8600