Relay expects graduate students to monitor their own behavior with respect to drug and alcohol consumption and applicable state laws. Being intoxicated and/or under the influence of a controlled substance will not be accepted as an excuse for behavior that violates community standards nor will it lessen graduate students' accountability to the Relay community.

Relay recognizes that a variety of factors may lead graduate students to make unhealthy choices. Relay’s Drug and Alcohol Abuse Prevention Program is designed to inform graduate students about the consequences of making unhealthy choices and the resources available to graduate students in need of help.

PROGRAM

Relay has established its drug and alcohol abuse prevention program to offer graduate students, faculty, and staff resources, implement steps to prevent abuse, and generate awareness. These steps include:

- Every year, all graduate students, faculty, and staff receive the Relay Student Handbook, which contains all institutional policies and the Relay code of conduct. Relay graduate students, faculty, and staff also have access to the handbook and the policies contained within this drug and alcohol abuse prevention program through the Relay Course Platform.
- Each Relay campus has a Designated Campus Security Authority (DCSA), who maintains a list of local treatment facilities and other local resources for graduate students, faculty, and staff. Relay graduate students, faculty, and staff are encouraged to report instances of drug and alcohol abuse by members of the campus community to their DCSA.
- In even-numbered years, Relay conducts a biennial review of its Drug and Alcohol Abuse Prevention program to determine the effectiveness of the program, ensure the consistent implementation of policies and consequences, and determine any changes or
additional support to be provided to Relay graduate students, faculty, and staff. During the biennial review, Relay invites graduate students, faculty, and staff to provide feedback and offer suggestions on improving the program.

STANDARDS OF CONDUCT

All graduate students have an obligation to observe and follow Relay’s Code of Conduct. Violations of the Code of Conduct can result in serious disciplinary action, up to and including dismissal from Relay. The Code of Conduct specifically prohibits the following activities, among others:

- Violation of Relay’s policies, procedures, or safety rules.
- Unauthorized possession, use, or sale of alcohol or controlled substances on Relay premises or during class sessions.

CONSEQUENCES

Relay complies with all applicable federal and state laws concerning the possession, use, and sale of alcoholic beverages. Relay also recognizes the illegality and danger of drug abuse and, accordingly, strictly prohibits the possession, use, manufacture, or distribution of illicit drugs on any Relay campus or during any Relay activity. Violators of state and federal laws regarding alcohol and drugs are subject to criminal prosecution, fine and imprisonment.

Graduate students, faculty, and staff are advised to familiarize themselves with their local ordinances and state laws related to illegal use and distribution of controlled substances. Each Relay Campus Security Coordinator maintains specific ordinances and laws relevant to each particular Relay campus. For federal penalties associated with illegal drug trafficking, refer to the tables provided by the U.S. Drug Enforcement Administration located in Appendix A. Please note that additional state and local penalties may apply.

HEALTH RISKS

Health risks associated with the use of alcohol and drugs depend on a variety of factors including duration, frequency of use, and intensity of use and can lead to both physical and psychological effects. Table 1 indicates effects associated with commonly abused substances.

# TABLE I: COMMONLY ABUSED DRUGS & EFFECTS

<table>
<thead>
<tr>
<th>Name</th>
<th>Acute Effects/Health Risks</th>
</tr>
</thead>
</table>
| Alcohol
  (ethyl alcohol)   | In low doses, euphoria, mild stimulation, relaxation, lowered inhibitions; in higher doses, drowsiness, slurred speech, nausea, emotional volatility, loss of coordination, visual distortions, impaired memory, sexual dysfunction, loss of consciousness/ increased risk of injuries, violence, fetal damage (in pregnant women); depression; neurologic deficits; hypertension; liver and heart disease; addiction; fatal overdose |
| Nicotine              | Increased blood pressure and heart rate/chronic lung disease; cardiovascular disease; stroke; cancers of the mouth, pharynx, larynx, esophagus, stomach, pancreas, cervix, kidney, bladder, and acute myeloid leukemia; adverse pregnancy outcomes; addiction |
| Marijuana             | Euphoria; relaxation; slowed reaction time; distorted sensory perception; impaired balance and coordination; increased heart rate and appetite; impaired learning, memory; anxiety; panic attacks; psychosis/ cough; frequent respiratory infections; possible mental health decline; addiction |
| Hashish               |                                                                                                                                                    |
| Heroin                | Euphoria; drowsiness; impaired coordination; dizziness; confusion; nausea; sedation; feeling of heaviness in the body; slowed or arrested breathing/constipation; endocarditis; hepatitis; HIV; addiction; fatal overdose |
| Opium                 |                                                                                                                                                    |
| Cocaine               | Increased heart rate, blood pressure, body temperature, metabolism; feelings of exhilaration; increased energy, mental alertness; tremors; reduced appetite; irritability; anxiety; panic; paranoia; violent behavior; psychosis/weight loss; insomnia; cardiac or cardiovascular complications; stroke; seizures; addiction |
| Amphetamine           | Also, for cocaine—nasal damage from snorting                                                                                                         |
| Methamphetamine      | Also, for methamphetamine—severe dental problems                                                                                                   |
| MDMA
  (methylenedioxy-
  methamphetamine)   | MDMA—mild hallucinogenic effects; increased tactile sensitivity, empathic feelings; lowered inhibition; anxiety; chills; sweating; teeth clenching; muscle cramping/ sleep disturbances; depression; impaired memory; hyperthermia; addiction |
| Flunitrazepam         | Flunitrazepam—sedation; muscle relaxation; confusion; memory loss; dizziness; impaired coordination/addiction                                             |
| GHB                   | GHB—drowsiness; nausea; headache; disorientation; loss of coordination; memory loss/ unconsciousness; seizures; coma                                     |

---

2 Adapted from “Commonly Abused Drugs,” National Institute on Drug Abuse.

https://www.drugabuse.gov/sites/default/files/cadchart.pdf
| Dissociative Drugs       | Ketamine                                                                 | Feelings of being separate from one’s body and environment; impaired motor function/anxiety; tremors; numbness; memory loss; nausea  
|                         | PCP and analogs                                                           | Also, for ketamine— analgesia; impaired memory; delirium; respiratory depression and arrest; death  
|                         | Salvia divinorum                                                         | Also, for PCP and analogs—analgesia; psychosis; aggression; violence; slurred speech; loss of coordination; hallucinations  
|                         | Dextromethorphan (DXM)                                                   | Also, for DXM—euphoria; slurred speech; confusion; dizziness; distorted visual perceptions  
| Hallucinogens            | LSD                                                                      | Altered states of perception and feeling; hallucinations; nausea  
|                         | Mescarine                                                                | Also, for LSD and mescaline—increased body temperature, heart rate, blood pressure; ; blue heaven loss of appetite; sweating; sleeplessness; numbness; dizziness; weakness; tremors; impulsive behavior; rapid shifts in emotion  
|                         | Psilocybin                                                               | Also, for LSD—Flashbacks, Hallucinogen Persisting Perception Disorder  
| Other Compounds          | Anabolic steroids                                                        | Steroids—no intoxication effects/hypertension; blood clotting and cholesterol changes; liver cysts; hostility and aggression; acne; in adolescents—premature stoppage of growth; in males—prostate cancer, reduced sperm production, shrunken testicles, breast enlargement; in females—menstrual irregularities, development of beard and other masculine characteristics  
|                         | Inhalants                                                                | Inhalants (varies by chemical)—stimulation; loss of inhibition; headache; nausea or vomiting; slurred speech; loss of motor coordination; wheezing/cramps; muscle weakness; depression; memory impairment; damage to cardiovascular and nervous systems; unconsciousness; sudden death  

**RESOURCES**

Relay encourages any member of its community who is struggling with substance abuse issues to seek guidance and assistance in identifying a counseling, treatment, or rehabilitation program. The following resources are available at the local and national level for any member of the Relay community in need of help.

**LOCAL/STATE**

Each DCSA maintains information on local and state resources available at no charge to graduate students.

To find available resources in any state in which Relay has a campus, please visit the Substance Abuse and Mental Health Services Administration’s (SAMHSA) Substance Abuse Treatment Facility Locator at [https://findtreatment.samhsa.gov/locator](https://findtreatment.samhsa.gov/locator).
Relay encourages graduate students looking for more information or facing substance abuse issues to contact national agencies that can provide more resources and guidance. Some such agencies include:

**Alcoholics Anonymous**  
www.aa.org

**American Council on Alcoholism**  
(800)527-5344  
http://www.acausa.com/

**Cocaine Anonymous**  
https://ca.org/

**Drug Enforcement Agency Drug Fact Sheets**  

**Foundation for a Drug-Free World**  
http://www.drugfreeworld.org/

**Narcotics Anonymous**  
http://www.na.org/

**National Council on Alcoholism and Drug Dependence, Inc.**  
(800) NCA-CALL (622-2255)  
www.ncadd.org

**National Institute on Alcohol Abuse and Alcoholism**  
https://niaaa.nih.gov/

**National Institute on Drug Abuse**  
(800)662-HELP (662-4357)  
https://www.drugabuse.gov/

**The U.S. Department of Education’s Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention**  
(877) 209-8381  
http://higheredcenter.org/
# APPENDIX A

**Federal Trafficking Penalties for Schedules I, II, III, IV, and V (except Marijuana)**

<table>
<thead>
<tr>
<th>Schedule</th>
<th>Substance/Quantity</th>
<th>Penalty</th>
<th>Substance/Quantity</th>
<th>Penalty</th>
</tr>
</thead>
<tbody>
<tr>
<td>II</td>
<td>Cocaine 500-4999 grams mixture</td>
<td>First Offense: Not less than 5 yrs. and not more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than $5 million if an individual, $25 million if not an individual.</td>
<td>Cocaine 5 kilograms or more mixture</td>
<td>First Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than $10 million if an individual, $50 million if not an individual.</td>
</tr>
<tr>
<td>II</td>
<td>Cocaine Base 28-279 grams mixture</td>
<td></td>
<td>Cocaine Base 280 grams or more mixture</td>
<td></td>
</tr>
<tr>
<td>II</td>
<td>Fentanyl 40-399 grams mixture</td>
<td></td>
<td>Fentanyl 400 grams or more mixture</td>
<td></td>
</tr>
<tr>
<td>I</td>
<td>Fentanyl Analogue 10-99 grams mixture</td>
<td></td>
<td>Fentanyl Analogue 100 grams or more mixture</td>
<td></td>
</tr>
<tr>
<td>I</td>
<td>Heroin 100-999 grams mixture</td>
<td>Second Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than $8 million if an individual, $50 million if not an individual.</td>
<td>Heroin 1 kilogram or more mixture</td>
<td></td>
</tr>
<tr>
<td>I</td>
<td>LSD 1-9 grams mixture</td>
<td></td>
<td>LSD 10 grams or more mixture</td>
<td></td>
</tr>
<tr>
<td>II</td>
<td>Methamphetamine 5-49 grams pure or 50-499 grams mixture</td>
<td></td>
<td>Methamphetamine 50 grams or more pure or 500 grams or more mixture</td>
<td></td>
</tr>
<tr>
<td>II</td>
<td>PCP 10-99 grams pure or 100-999 grams mixture</td>
<td></td>
<td>PCP 100 grams or more pure or 1 kilogram or more mixture</td>
<td></td>
</tr>
</tbody>
</table>

2 or More Prior Offenses: Life imprisonment. Fine of not more than $20 million if an individual, $75 million if not an individual.
<table>
<thead>
<tr>
<th>Substance/Quantity</th>
<th>Penalty</th>
</tr>
</thead>
</table>
| Any Amount Of Other Schedule I & II Substances               | **First Offense**: Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than Life. Fine $1 million if an individual, $5 million if not an individual.  
**Second Offense**: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine $2 million if an individual, $10 million if not an individual. |
| Any Drug Product Containing Gamma Hydroxybutyric Acid         | **First Offense**: Not more than 10 yrs. If death or serious bodily injury, not more than 15 yrs. Fine not more than $500,000 if an individual, $2.5 million if not an individual.  
**Second Offense**: Not more than 20 yrs. If death or serious injury, not more than 30 yrs. Fine not more than $1 million if an individual, $5 million if not an individual. |
| Flunitrazepam (Schedule IV) 1 Gram or less                   | **First Offense**: Not more than 5 yrs. Fine not more than $250,000 if an individual, $1 million if not an individual.  
**Second Offense**: Not more than 10 yrs. Fine not more than $500,000 if an individual, $2 million if other than an individual. |
| Any Amount Of Other Schedule III Drugs                       | **First Offense**: Not more than 1 yr. Fine not more than $100,000 if an individual, $250,000 if not an individual.  
**Second Offense**: Not more than 4 yrs. Fine not more than $200,000 if an individual, $500,000 if not an individual. |
| Any Amount Of All Other Schedule IV Drugs (other than one gram or more of Flunitrazepam) | **First Offense**: Not more than 5 yrs. Fine not more than $250,000 if an individual, $1 million if not an individual.  
**Second Offense**: Not more than 10 yrs. Fine not more than $500,000 if an individual, $2 million if other than an individual. |
| Any Amount Of All Schedule V Drugs                           | **First Offense**: Not more than 1 yr. Fine not more than $100,000 if an individual, $250,000 if not an individual.  
**Second Offense**: Not more than 4 yrs. Fine not more than $200,000 if an individual, $500,000 if not an individual. |