BIENNIAL REVIEW OF THE UNIVERSITY OF SOUTHERN MISSISSIPPI’S ALCOHOL AND OTHER DRUG PROGRAMS 2014-16
In accordance with the requirement of the Drug Free Schools and Campuses Act of 1989, institutions must publish a biennial report containing information on campus alcohol and drug policies, programs, and standards related to its institution.
CONSEQUENCES ASSOCIATED WITH ALCOHOL AND DRUG USE

HEALTH RISKS ASSOCIATED WITH ALCOHOL USE

Alcoholic beverages in the form of beer, wine, wine coolers or distilled spirits require no digestion and are absorbed directly into the bloodstream from the digestive tract. Within approximately three minutes of drinking, alcohol may be found in the brain and other tissues, organs and body fluids. Alcohol depresses the central nervous system. Even at low levels, alcohol impairs vision, judgment, and complex motor skills and behaviors, making driving dangerous. Not only are persons under the influence of alcohol less able to perform the many complex tasks involved in safe driving, they cannot judge their own levels of impairment. Because alcohol decreases inhibitions, users often do things they normally would not do.2

Long-term drinking of moderate to large quantities of alcohol can cause liver damage. Heavy drinking can cause serious mental disorders, including permanent brain damage. Ulcers, gastritis, pancreatitis, diabetes, high blood pressure, malnutrition and some cancers are also more common among chronic heavy drinkers than among the general population. Users may also experience periods of amnesia called blackouts. During these periods, the person may function but cannot remember later what he or she has done during this time. Dependence on alcohol can occur after many years of heavy drinking or, for some individuals, soon after the first drink. Dependent persons may experience withdrawal symptoms, including craving alcohol, anxiety, weakness, tremors and perspiration. More severe withdrawal symptoms include nausea, vomiting, seizures, convulsions, hallucinations and delirium tremors. Severe alcohol withdrawal is life-threatening.2

HEALTH RISKS ASSOCIATED WITH DRUG USE

Drug use can have a wide range of short- and long-term direct and indirect effects. These effects often depend on the specific drug or drugs used, how they are taken, how much is taken, the person's health and other factors. Short-term effects can range from changes in appetite, wakefulness, heart rate, blood pressure and/or mood to heart attack, stroke, psychosis, overdose and even death. These health effects may occur after just one use.

Long-term effects can include heart or lung disease, cancer, mental illness, HIV/AIDS, hepatitis and others. Long-term drug use can also lead to addiction. Drug addiction is a brain disorder. Not everyone who uses drugs will become addicted, but for some, drug use can change how certain brain circuits work. These brain changes interfere with how people experience normal pleasures in life, such as food and sex, their ability to control their stress levels,
their decision-making, and their ability to learn and remember. These changes make it much more difficult for someone to stop taking the drug even when it’s having negative effects on their lives and they want to quit.³

Drug use can also have indirect effects on both the people who are taking drugs and on those around them. This can include affecting a person’s nutrition, sleep, decision-making and impulsivity and their risk for trauma, violence, injury and communicable diseases. Drug use can also affect babies born to women who use drugs while pregnant.³ Broader negative outcomes may be seen in education level, employment, housing, relationships and criminal justice involvement.³ More detailed information regarding the uses and effects of controlled substances is available in Appendix A.

IMPACT OF ALCOHOL AND DRUG USE ON ACADEMICS

Alcohol has been shown to have a negative impact on academic performance. Frequent binge drinkers have been found to miss more classes, with the number of drinks consumed correlating with the number of classes missed. Likewise, the heaviest drinkers were found to spend the least amount of time studying. The effects of heavy drinking, ultimately, translate into lower grade point averages across numerous studies.⁴

FEDERAL AND STATE SANCTIONS

The possession, use or distribution of illegal drugs is prohibited by federal law. There are strict penalties for drug convictions, including mandatory prison terms for many offenses. The information in Appendix B, although not complete, is an overview of federal penalties for first convictions. All penalties are doubled for any subsequent drug conviction.⁵ The state of Mississippi also imposes various fines for drug possession and alcohol violations, with more detailed information available in Appendix B.

Under federal law, distribution of drugs to a person under age 21 is punishable by twice the normal penalty (i.e., a mandatory one-year prison term); a third conviction is punishable by mandatory life imprisonment. These penalties apply to distribution of drugs in or within 1,000 feet of a college or school. Federal law sets greatly heightened prison sentences for manufacture and distribution of drugs if death or serious injury results from use of the substance.⁵

If convicted of drug possession under state or federal law, persons are ineligible for federal student grants and loans or for participation in federally sponsored research grants or contracts for up to one year after the first conviction and up to five years after the second. The penalty for distributing drugs is loss of benefits for five years after the first conviction, 10 years after the second, and permanently after the third.⁵

CODE OF STUDENT CONDUCT

Students who register at the university agree to conform to its regulations and policies. A student is subject to the laws of the community and state, and enrollment as a student in no way relieves him or her of this responsibility. The University of Southern Mississippi recognizes that students are adults with full federal rights and responsibilities who are expected to take personal responsibility for their conduct.⁶

Prohibited Conduct Related to Alcohol and Drugs

To protect the university’s educational purposes and the university community, a student may be formally referred to the Office of the Dean of Students whenever it is brought to the attention of the Dean of Students that there is reasonable cause to believe that the student’s conduct has resulted in at least one of the following violations:

• Drugs: Illegal manufacture, possession, sale, distribution or use of narcotics, barbiturates, central nervous system stimulants, marijuana, sedatives, tranquilizers, hallucinogens, or any other illegal drugs, substances or drug paraphernalia
• Alcohol: Sale, consumption or evidence of consumption of alcoholic beverages on campus in violation of local, state or federal law⁶

Code of Student Conduct and Disciplinary Sanctions

If a student has violated the Code of Student Conduct, disciplinary sanctions may take any of the following forms:

Private reprimand. The student may be merely reprimanded in writing and warned and admonished to refrain from future misconduct.⁵

Restitution. As a condition of the student’s continued presence in the university community, he or she may be required to render monetary restitution for the damages or injuries caused by his or her misconduct.⁶

Probation. The student may be placed on probation, with or without non-punitive sanctions, which may include condition-appropriate community service or exclusion from residence halls, in which case no further sanctions will be assigned unless the student is subsequently responsible for further misconduct during the probationary period. The time frame and the conditions of a probationary sanction can be set at the discretion of the forum. Probation implies that a further code violation during the probationary period will be dealt with more severely than if it stood alone.⁶

Campus/Community Service. The student may be assigned to a community service site located on or off campus, with his or her acceptance. A predetermined number of hours must be completed by a given date.⁶

Suspension. The student may be suspended from the university for the remainder of any ongoing semester; for a longer, but definitely stated, period of time; for a future semester or semesters; or indefinitely, with a date set forth in writing at which time the student will be given the privilege of applying for readmission, with such application to be reviewed and acted upon by the Student Judicial Board or Dean of Students, depending on which forum heard the original complaint.⁵

Expulsion. A student may be immediately and permanently separated from the university.⁶

Alcohol Violation Procedure

A student who is found responsible for an alcohol policy violation, and who has not been found responsible for a previous alcohol-related violation, may face the following sanctions:

First offense. The student will receive a campus citation issued by the University Police Department. The ticket must be paid within the semester in which it was issued, or it will be assessed to the student’s account. The student will also be required to complete a web-based alcohol education program and/or complete a community service assignment. Finally, the Dean of Students
Violations by Employees

Employees found to be in violation of this policy, including student employees, if the circumstances warrant, may be subject to corrective action up to and including dismissal, under applicable university policies, or may be required, at the discretion of the University, to participate in and satisfactorily complete an Employee Support Program, or may be reported to authorities for criminal prosecution or other appropriate action. Employees who are determined to have engaged in the unlawful possession, use, or distribution of alcohol or illegal drugs, and to question any employee when it reasonably suspects that this policy or any procedure under this policy has been violated.

Violations by Students

The University of Southern Mississippi’s student conduct regulations prohibit the unlawful possession, use, or distribution of alcohol and other drugs by students and student organizations. The regulations also prohibit other alcohol-related misconduct. In accordance with the Housing and Residence Life policy, alcohol is not permitted inside student housing. Any possession or consumption of alcoholic beverages of any kind in plain view shall be considered a violation of this policy. In accordance with the Housing and Residence Life policy, alcohol is not permitted inside student housing. However, privacy rights of students in their residential space will be respected, but any public nuisance coming from private space related to the consumption of alcohol shall bring the full force of this policy and applicable state law into play. The concealment of illegal alcohol consumption from plain view does not preclude the enforcement of state laws or this policy.

All traditional freshmen, sophomores and other students under the age of 21 are prohibited from possession and consumption of alcohol. All students are prohibited from the use and possession of illegal drugs. In addition, student organizations sponsoring events where alcohol is present are subject to the requirements and guidelines of the University’s social events policy and registration form. Students found to be in violation of this policy may be subject to corrective action, which may include alcohol and/or other drug education, mandated evaluation and treatment, community service, suspension, and/or expulsion up to and including dismissal, as set forth in The University of Southern Mississippi’s Code of Student Conduct and Disciplinary Conduct. They may also be reported to authorities for criminal prosecution or other appropriate action.
Violations by Invitees/Visitors
Any invitee or visitor who engages in prohibited conduct may be barred from further work for the university, access to the university, or from participating in other university-related activities as may be permitted by law. Further, such entity may be reported to authorities for criminal prosecution or other appropriate action.7

Controlled Substance and Alcohol Testing
Intercollegiate Athletics. Student-athletes who participate in intercollegiate sports will be subject to drug and alcohol testing under National Collegiate Athletic Association regulations in testing programs developed by the university’s Department of Intercollegiate Athletics as set forth in the Department of Intercollegiate Athletics Drug Testing and Intervention Program, which can be found in the Student-athlete Handbook.7

Employee Reasonable Suspicion Drug and Alcohol Testing. All employees of the university may be subject to reasonable suspicion drug and alcohol testing under procedures developed by the Department of Human Resources and approved by the president of the university or his or her designee, which may include a testing program pursuant to Sections 71-7-1, et seq., of the Mississippi Code of 1972, Ann., titled “Drug and Alcohol Testing of Employees” (hereinafter referred to as “the Act”), and you are hereby advised of the existence of said act.7

These procedures must, at a minimum, provide that the decision to conduct reasonable suspicion testing will be made jointly by a supervisor, who believes reasonable suspicion exists, and a representative of the Department of Human Resources. Further, in all cases, reasonable suspicion testing must be authorized by an appropriate university employee or other individual designated by the university who has been trained to recognize physical or behavioral symptoms commonly attributed to the use of drugs or alcohol.7

Testing based on reasonable suspicion of drug and alcohol use means drug and alcohol testing based on a belief that an employee is using or has used drugs or alcohol in violation of this policy drawn from specific facts and reasonable inferences drawn from those facts and may be based upon, among other things
(a) Observable phenomena, such as direct observation of drug or alcohol use while working or while on the university premises;
(b) A report of drug use provided by reliable and credible sources, which has been independently corroborated;
(c) Evidence that an individual has tampered with a drug and alcohol test during employment with the university; or
(d) Evidence that an employee is involved in the use, possession, sale, solicitation or transfer of drugs while working or while on the university premises or operating a university vehicle, machinery or equipment.7

An employee to be tested shall be given (1) a medication disclosure form to permit the employee to disclose any non-prescription or prescription medications that have been taken within the last 45 days, which may result in a positive test result, and (2) a statement that the form shall be submitted directly to the laboratory in order that the university has no access to the information disclosed on the form. The procedure for submission of the form shall ensure that no person other than the laboratory has access to the information disclosed on the form.7

Public Safety Employees. Employees performing public safety duties may be subject to drug and alcohol testing procedures as authorized by the president of the university or his or her designee and as developed and implemented by the chief of the University Police Department. This testing may include, but is not limited to, pre-employment testing, post-accident testing, return-to-duty testing, random and follow-up testing.7

DEPARTMENTAL POLICIES

In addition to The University of Southern Mississippi’s official policy, several departments address alcohol and drugs with internal policies.

Athletics
The University of Southern Mississippi’s Department of Intercollegiate Athletics has developed and implemented a Drug Testing and Intervention Program (“the program”) for its student-athletes to promote their physical and mental well-being. The program is designed to develop and maintain an environment that encourages student-athletes to avoid the use of unauthorized controlled substances, performance-enhancing drugs, alcohol, tobacco and unapproved dietary supplements. Because of the serious nature of substance abuse, the program also includes significant sanctions and penalties that serve as a deterrent to drug use.8

Penalties for positive drug test results are available in Appendix C.

The University of Southern Mississippi works in conjunction with the National Collegiate Athletics Association in its Drug Testing Programs, both on-campus and during its post-season championship events. While the NCAA’s Drug Testing Programs and The University of Southern Mississippi’s program are separate and distinct programs from one another, all Southern Miss student-athletes are subject to the rules and regulations of both.8

Department of Housing and Residence Life
Alcohol. Although University Police and Housing and Residence Life personnel are responsible for enforcing the same alcoholic beverage laws and regulations, their enforcement roles differ. Of the university’s enforcement representatives, University Police have the overall and primary responsibility for enforcement of all applicable alcoholic beverage laws and regulations (i.e., university, city, county, state) on all Southern Miss-owned or controlled properties and buildings (including residence halls). Housing and Residence Life personnel have enforcement authority exclusively in the residence halls. University Police and Housing and Residence Life personnel will become mutually or singularly involved in the enforcement of alcoholic beverage laws and/or regulations pertaining to a particular alcohol-related offense in a residence hall when that offense causes concern for the health, safety and/or welfare of a person, or when that offense becomes a public nuisance in a hall. Any alcohol-related offense occurring in a residence hall, or that can be heard in a public area of a residence hall that violates the public order, constitutes a public nuisance. A resident’s room becomes a public area when the door is open. An alcohol-related offense in a resident’s room becomes a public nuisance when excessive noise or disorderly conduct from the room disturbs the order and tranquility of the residence hall community. University Police and Housing and Residence Life personnel are authorized to investigate and decide whether a situation in a residence hall constitutes a public nuisance suitable for the initiation of disciplinary action.9

Drugs. In accordance with the state law and Southern Miss policy, the illegal possession, use, sale or attempt to obtain any drug
(including marijuana and prescription drugs) or drug-related paraphernalia is prohibited in university residence halls. Failure to comply with this guideline creates grounds for eviction from the residence hall community and/or expulsion from the university. Campus violations resulting in interim suspension will result in an immediate loss of housing privileges. Items should be removed from the room within 10 calendar days of the suspension.\textsuperscript{10}

**Penalty.** Each sanction is determined on a case-by-case basis. Sanctions range from a follow-up meeting with the conduct officer to residence hall probation and/or removal from campus housing based on past conduct history and the severity of the incident. The counseling center, Brief Alcohol Screening and Intervention for College Students (BASICS), and the judicial educator are additional sanction options.

**Office of Greek Life**

**Alcohol.** Any possession or consumption of alcoholic beverages of any kind in plain view shall be considered in violation of campus policy. Privacy rights of students in their residential space will be respected, but any public nuisance coming from private space related to the consumption of alcohol shall bring the full force of this policy and applicable state law into play. The concealment of illegal alcohol consumption from plain view does not preclude the enforcement of state laws or this policy for other just cause.\textsuperscript{11}

**Sanctions.** Any fraternity or sorority found in violation of this policy shall be subject to the following, at a minimum:

- First Offense
  - Mandatory alcohol education program
  - Mandatory community service for the entire chapter, including new/associate members
  - Probation of social activities for the remainder of the semester
- Second Offense (while on probation of social activities)
  - Suspension of social activities for one calendar year.\textsuperscript{11}

## REPORTING AN INCIDENT

All students, faculty and staff are encouraged to report incidents of alcohol and drug abuse.

If you are unsure if The University of Southern Mississippi is aware of a potential incident regarding a violation of laws of the state of Mississippi and/or The University of Southern Mississippi policy, please contact one of the following non-emergency numbers:

- Dean of Students Office 601.266.6028
- Human Resources 601.266.4050
- University Police Department 601.266.4986

When calling, please provide as much information as possible about the person being reported, location, time and date. You may also report an incident using the Campus Action Referral and Evaluation System (CARES), which is a team of campus professionals that will respond to reports of concern regarding academic progress and well-being of students. To report an incident, please complete the online report form at usm.edu/cares.

## Incidents

The number of alcohol and drug citations that were violations of state laws issued by University Police Department between August 1, 2014, through July 31, 2015, and August 1, 2015, through July 31, 2016, are available in Table 1.

### Table 1

**Alcohol and Drug Citations Issued by the University Police Department**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>DUI</td>
<td>5</td>
<td>11</td>
</tr>
<tr>
<td>Drugs</td>
<td>30</td>
<td>59</td>
</tr>
<tr>
<td>Public drunkeness</td>
<td>12</td>
<td>14</td>
</tr>
<tr>
<td>Liquor laws</td>
<td>25</td>
<td>43</td>
</tr>
</tbody>
</table>

The substantial increases in the number of DUI, drug and liquor law citations between the two years was largely attributed to greater staffing among the department.

## Alcohol and Drug Programming

### Athletics

At the beginning of each academic year, the athletic trainers educated student-athletes on impermissible drug use according to NCAA and department policies and regulations at each sport’s team meeting. Throughout the year, sports medicine provided other educational information, as needed, regarding problems associated with alcohol and drug use.

In 2015, as part of the student development and life skills survey, student-athletes, coaches and staff were asked a series of questions regarding the need for more specific education and workshops on the harmful use of alcohol and drugs. The participants were as follows: male athletes (23%), female athletes (10%), coaches (54%) and staff (29%). With the usage of alcohol and other drugs (street and/or prescription), we have also focused on the mental well-being of student-athletes. The survey indicated a high number of sub-groups would like to see more education in the area of mental wellness: male athletes (30%), female athletes (51%), coaches (44%) and staff (38%).

As a result of the survey, educational information was given at several programs in 2016 that focused on health and behavior and discussed programs associated with the harmful usage of alcohol and drugs. Some specific programs included the following:

- Dating Violence (men only): This program was facilitated by the Hattiesburg Police Department’s Sex Crime Division. The duration was one hour and 45 minutes. Students were educated on the impact and prevention of dating/domestic violence and participated in an interactive situation of dating/domestic scenarios. They learned the usage of alcohol and/or drugs can have a major impact on dating/domestic violence. At the conclusion, they were able to identify, define and, hopefully, minimize and prevent dating/domestic violence. Students
promised to be their “brother’s keeper” and let his fellow athlete know when he was out of order in this area of his life. A total of 149 (85%) male student-athletes attended.

- Mental Wellness (coaches and staff only): This program was facilitated by the Southern Miss Student Counseling Center. The duration was one hour. They discussed the mental stresses student-athletes deal with. The stress level of athletes is much greater than that of the general student body. Discussions were held concerning the use of alcohol and other drugs by student-athletes as a coping mechanism to aid in dealing with their stress or (lack of) athletic performance. Additional information was provided by the resources available on campus on what to do if they encounter a student they think was having mental health issues. A total of 27 people attended.

- Dating Violence (women only): This program was facilitated by the Hattiesburg Police Department's Sex Crime Division. The duration was one hour and 45 minutes. Students were educated on the impact and prevention of dating/domestic violence and participated in an interactive situation of dating/domestic scenarios. They viewed news clips of college athletes involved in dating/domestic violence situations. They also discussed how alcohol and/or drugs could have an impact on their dating lives. At the conclusion, they identified and defined what dating/domestic violence is and pledged to be their “sister’s keeper” and report suspected violence. A total of 86 (75%) female student-athletes attended.

- Women's Self Defense Course (athletes, coaches, staff and spouses): This program was facilitated by the Hattiesburg Police Department-Women's Awareness and Response (W.A.R.) Course for the community. The duration was two hours. Officers discussed the usage of alcohol and/or other drugs impeding one's ability to protect themselves or to be aware of their surroundings/situation. They discussed having drinks at a party or club and being aware of drinks being offered, even from those they know. Participants did situational awareness scenarios and were taught basic improvised weapon usage, confident body posture, points of impact, escape and evasion. They learned to be aware of their surroundings and to play it safe with three or more people. A total of 65 participated, and 53% of female athletes attended.

- Stress Management Workshop (freshmen only): This program was facilitated by the Southern Miss Student Counseling Center. The duration was one hour. This workshop focused on learning to cope with stressful situations, as well as the definition of stress. Students were cautioned to know the difference between good and bad stress. Participants discussed the usage of drugs (street and/or prescription) and alcohol as methods to assist with their stress, and learned the use of alcohol and street drugs are never a good coping mechanism for stressful situations. They discussed the services provided at the Counseling Center. A total of 42 (55%) of freshman student-athletes attended.

Finally, student-athletes are referred for mandatory assessment by the university's Student Counseling Center, if deemed necessary by the Drug Testing Committee. An action plan is created for each student-athlete based on the recommendations from the Counseling Center and Sports Medicine.

**Department of Psychology**

The Department of Psychology organized and implemented the BASICS program. The department developed and implemented prevention activities for National College Alcoholic Awareness Week, which included safe drinking discussions, drunk goggle activities, and alcohol risk screening and feedback activities. They also developed alcohol and drug use evaluations to determine the nature and severity of treatment needs for implementation through the Community Counseling and Assessment Clinic.

**Department of Housing and Residence Life**

The Department of Housing and Residence Life devotes time and effort to educate the residential community on alcohol and drug awareness. As a part of the university community, Housing and Residence Life will continue to collaborate with other departments, including the University Police Department and Student Counseling Services, to pursue the goal of holistically educating students on alcohol and drug awareness. The key to success is to be consistent.

The Department of Housing and Residence Life presents programs, bulletin boards and other educational methods to educate students living within the residence halls. Utilizing catchy titles to interest the student community has been a benefit in student participation. Below are some examples of the various programs facilitated by Housing and Residence Life:

- Let's Talk About Sex (Campus Save Program): Goals of this program were to educate young men about what it truly means to give and receive sexual consent.
- Fall Festival: Goals of this program were to educate students on bystander behavior, alcohol awareness, and party etiquette and safety.
- Drunk Goggles: This program was intended to present the ways alcohol affects people, whether it be a small intake or a large consumption.
- Boo-ooze: The goal of this bulletin board was to educate residents about the dangers of alcohol and college drinking by displaying facts and myths.
- Smells Like College Spirits: The goal of this program was to teach students techniques and strategies on how to intervene when someone has had too much to drink and might be a danger to themselves or others.

**Faculty**

Information was disseminated via email and newsletters.

**Staff**

No data was reported for staff in Hattiesburg or other teaching/research sites. No additional programming was offered to staff on the Gulf Park campus.

**Human Resources**

No programming was offered.

**Office of Greek Life**

As an office, we actively seek out measures to assess risk management within each council and chapter. Each year, this begins with our annual Greek Retreat. During the retreat, chapter and council officers are present, and a curriculum exists to inform these student leaders of campus resources available to them but also the expectations of them while in their positions. During the retreat, we provide resources on the campus CARES team, the Alcohol Assessment Center in the Department of Psychology, Student Counseling Services and Student Health Services. All of these resources are available to students, each in a different way, to ensure that if someone has a problem, chapter leaders can provide assistance and connection to the appropriate office.

In the spring of 2014, members of the Interfraternity Council participated in a risk management education session. Two sessions were held in January and two in February to ensure that 95% of members were educated. Approximately 500 members attended the sessions. Further, each fall (2014, 2015, 2016), a seminar occurs, specifically to the Interfraternity Council, regarding risk
management efforts that also include organized programming throughout the year, new-member training, involvement of various campus entities, and implementation of council and university policies. The educational programming involved University Police, Counseling Services and Fraternity Housing. One risk management program was for current active members of all fraternities where 85% must be in attendance. The office also held two separate meetings for the new members where 100% of the chapter’s new members had to be in attendance. Each fall, the metrics were met to ensure the proper base education existed in each organization. In the fall 2014 semester, the College Panhellenic Council participated in the new member risk management seminars as well. In 2014, we saw 723 students attend the sessions. In 2015, the attendance was 426. In 2016, the attendance was 407.

Each semester, the Office of Greek Life sponsored a speaker that discussed an area of risk management that included speakers on the following topic areas: DUI awareness, alcohol, Title IX and sexual assault, bystander intervention, mental health, and substance abuse. The speaker series were all held in Bennett Auditorium and saw an average attendance of 806 between the events.

In addition, each Greek organization is required to abide by their national guidelines that require each chapter to conduct yearly training in the following areas: Title IX responsibilities, sexual assault, alcohol awareness and bystander intervention. Each of the 26 organizations sponsored these programs throughout each academic year in this report. For some chapters, a member of their national headquarters staff conducted the programming. This type of programming has gone through a curriculum development by headquarters and is required for each chapter to stay in “good standing” with their organization. At times, organizations reached out to campus and community partners to present the information, if needed.

Each year, during College Student Alcohol Awareness Week on campus, we offered a program that was tailored to alcohol abuse, associated risks, relevant laws and applicable litigation. This program was open to all members of Greek Life and was presented in conjunction with the University Police Department and the counseling psychology department. Further, we encouraged and tracked participation in CSAAW events through the campus-based ID card swipe system.

In response to national news around fraternity and sorority life, each council presents active cases at other colleges or discusses cases within the university community to serve as a point of education for members. The goal is to establish a culture that is conscientious of the atmosphere they are in so they do not hesitate to act accordingly. To support that, the office promoted and co-sponsored an activity with the Department of Housing and Residence Life called Legacy. The program was adapted from American University and promotes bystander awareness and intervention.

**Office of Health Promotion**

The Office of Health Promotion, located within Student Health Services, offered a variety of alcohol- and drug-related programs to the university community. The Office of Health Promotion partnered with various campus organizations, including Greek Life, Southern Miss Activities Council and Housing and Residence Life, to offer accurate information regarding alcohol and drugs. A student group called Wellness Ambassadors worked with the Office of Health Promotion to plan and execute alcohol-related activities.

The following outreach programs were held during the 2014-15 and 2015-16 school years:

- **Orientation:** Office of Health Promotion staff spoke briefly to new students about alcohol on campus and provided information about Student Empower.
- **Classroom Talks:** Office of Health Promotion staff spoke to UNV 101 and 301 classes about college drinking patterns, risks associated with alcohol, and how to drink responsibly.
- **Educational Tables:** Approximately 2-3 tables per semester provided passive and active programming to inform students about the risks associated with alcohol and responsible drinking.
- **Health Fairs:** Approximately one health fair per semester provided handouts with alcohol safety tips and educational games about drinking responsibly. Pine Belt Mental Healthcare Resources (an off-campus resource) provided alcohol risk screenings.
- **Residence Hall Talks:** Office of Health Promotion staff gave presentations in residence halls about risks associated with alcohol and information about responsible drinking.
- **Safe Spring Break:** Office of Health Promotion staff educated students on responsible drinking via handouts and interactive educational tables the week prior to spring break.
- **National Alcoholic Screening Day:** Staff provided education, screenings and referrals for problem drinking.

The Office of Health Promotion also has handouts and brochures that are shared at events and available at Student Health Services for any student. The Office of Health Promotion also manages the Student Empower online education program. Student Empower is an interactive online course mandatory for all Southern Miss students to help educate them about the consequences related to alcohol misuse and abuse; how to be a responsible consumer; and how to help peers who may abuse alcohol. The course also explains students’ rights and responsibilities under Title IX, the Violence Against Women Act (VAWA) and the Campus Save Act.

**Student Government Association**

No specific programming was offered.

**University Police Department**

The University Police Department conducted risk management talks and programs in residence halls and with Greek Life organizations, with 21 talks conducted in 2014-15 and 19 talks conducted in 2015-16. Educational materials were also provided during Orientations.

**RESOURCES**

**Campus Resources**

**Collegiate Recovery Community.** The Collegiate Recovery Community (CRC) is a program for students who are in recovery from addictive disorders, including alcohol, drugs and eating disorders. Students can engage with and seek support from students fighting the same battles, as well as have access to supportive faculty and staff members on campus. The program is designed to assist these students with any struggles they may have in maintaining sobriety while being successful college students.

**Community Counseling and Assessment Clinic.** The Community Counseling and Assessment Clinic provides counseling and psychological assessment services to students, staff, faculty and community adults. They focus on issues related to coping, adjustment (e.g., to college life), academic success, and major or career choices. They also provide services related to anxiety, depression, homesickness, grief and loss, relationship issues, adult Attention-Deficit/Hyperactivity Disorder (ADHD) and other common challenges. The clinic is home to the BASICS program, which assists college students in preventing the negative consequences often associated with alcohol use.

**Psychology Clinic.** The Psychology Clinic focuses significant time on helping people deal with anxiety, depression and stress, but they

also work with people facing other challenges. The Psychology Clinic screens contacts for various needs and refers them to appropriate providers as needed.\textsuperscript{12}

**Student Counseling Services.** Student Counseling Services sees students for counseling and provides assistance to walk-ins and students in crisis. Student Counseling Services provides care to students with a wide range of concerns, particularly those related to the development of strong coping skills and issues that interfere with academic achievement.\textsuperscript{12}

**Student Health Services.** Student Health Services provides medical care for the university community, including preventative care, treatment for illnesses and common mental health challenges faced by students, such as stress, depression, anxiety, eating disorders, and problems with alcohol or drugs.\textsuperscript{12}

**University Clinic for Family Therapy.** The University Clinic for Family Therapy provides individual, couple and family therapy to University of Southern Mississippi faculty, staff, students and the community. They focus on communication and relationship issues, life transition concerns, anxiety, stress management and other general challenges that persons in relationships face.\textsuperscript{12}

**Community Resources**

**Clearview Recovery Center.** Clearview is the first step on the road to recovery for individuals caught in dependency or addictive behavior. While their comprehensive program focuses mainly on alcohol or drug dependency, Clearview counselors also assist clients with other addictive behaviors. Clearview also provides treatment to individuals with a dual diagnosis, a mental or emotional condition that exists alongside the addictive behavior and may contribute to it.\textsuperscript{13}

**I-59 Area of Narcotics Anonymous.** Narcotics Anonymous meeting schedule for the Hattiesburg area is available at i59area.org/meeting-schedule.

**Mississippi Assembly of Alcoholics Anonymous.** Alcoholics Anonymous groups and meeting schedules in Hattiesburg, Miss., are available at aa-mississippi.org/meetings/?tsml-day=any&tsml-region=245.

**Mississippi Gulf Coast Area of Narcotics Anonymous.** Narcotics Anonymous meeting schedule for the Gulf Coast area is available at mgcana.org/index.php/meeting-schedule.

**Pine Grove Behavioral Health and Addiction Services.** Pine Grove Behavioral Health and Addiction Services in Hattiesburg, Miss., understands lasting recovery and healing begins at the roots of who we are. Transformation is deeply woven into the core of each individual through broad-reaching treatment options. As a result, we have gained a reputation as one of the nation’s most comprehensive treatment campuses – drawing on cross-disciplinary expertise and multiple whole-life treatment programs to effectively address the real complexities of life and addiction.\textsuperscript{14}

**South Mississippi Intergroup of Alcoholics Anonymous.** Alcoholics Anonymous groups and meeting schedules in the Gulf Coast are available at aagulfcoast.org.

**FUTURE RECOMMENDATIONS**

**Athletics**

Each academic year, we try to provide a wide range of educational topics via our life skills and student development programs. We strive to provide information that will not only be preventative, but also proactive in asking our students to be responsible regarding the use of alcohol. We will also continue to partner with other campus and community organizations to adequately present this topic to our students.

We would like to partner with campus departments/organizations in applying for a NCAA CHOICES Grant. The NCAA CHOICES program provides funding for NCAA member institutions and conferences to integrate athletics into campus-wide efforts to reduce alcohol abuse. NCAA CHOICES projects must partner athletics with other campus departments in the development and implementation of effective campus-wide alcohol education projects. The NCAA CHOICES grant is made possible through a donation from Anheuser-Busch Inc., and provides funding for a three-year project, with a maximum award of $30,000; payments are made in annual installments of no more than $15,000 for the first year, $10,000 for the second year, and $5,000 for the third year. The intent of this payment schedule is to encourage institutionalization of the campus project to continue engaging athletics in the broader campus prevention effort.

**Department of Housing and Residence Life**

During freshman and transfer Orientations, a session for parents and students is recommended as part of the transition to campus. The session should include leaders of Greek Life, leaders of the Student Government Association, Housing and Residence Life and the University Police Department, who will work to stress the importance of maintaining safety on the campus, as well as educating the students about the severity of the “dry campus” policy. Through collaboration, the parents and students will be able to see the holistic importance of this policy.

**Faculty**

Additional education is needed for faculty.

**Staff**

More effort should be made to inform staff of policies.

**Human Resources**

Employee manuals are cumbersome and only available online. Workplace Answers training for faculty/staff on AOD issues should be implemented.

**Office of Greek Life**

Continue education and more direct conversations.

**Office of Health Promotion**

The Annual Notification needs to be updated to include more detailed information about the policy, sanctions, health risks and available resources. In addition, the notification needs to be done more frequently, perhaps at the beginning of each semester, to capture new students and employees.

The Office of Health Promotion would like to work on creating a standing committee for the Biennial Alcohol Report and Other Drug Programs to help develop specific goals and objectives and better evaluate programming efforts. To facilitate evaluation efforts, the National College Health Assessment will be conducted and includes separate data reports for students, student-athletes, and those involved in Greek Life. The data generated from this assessment will be used to assist in initiatives and focus programming efforts. The Office of Health Promotion will work to identify ways to share the data campus-wide to better inform members of the campus community about the health needs of students.

**University Police Department**

Additional personnel is needed for an increased UPD presence. No additional recommendations were made.
REFERENCES


## APPENDIX A

### CONTROLLED SUBSTANCES: USES AND EFFECTS²

<table>
<thead>
<tr>
<th>Drugs/CSA Schedules</th>
<th>Trade or Other Names</th>
<th>Medical Uses</th>
<th>Dependence</th>
<th>Tolerance</th>
<th>Duration (Hours)</th>
<th>Possible Effects</th>
<th>Effects of Overdose</th>
<th>Withdrawal Syndrome</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Narcotics</strong></td>
<td></td>
<td></td>
<td>Physical</td>
<td>Psychological</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Opium</td>
<td>II III V</td>
<td>Analgesic, antidiarrheal</td>
<td>High</td>
<td>High</td>
<td>Yes</td>
<td>3 - 6 Oral, smoked</td>
<td>Euphoria, bradycardia, respiratory depression, constricted pupils, coma, possible death</td>
<td>Stimulation, irrational behavior, loss of appetite, irritability, Schneiderian symptoms, possible death</td>
</tr>
<tr>
<td>Morphine</td>
<td>II III</td>
<td>Analgesic, antitussive</td>
<td>High</td>
<td>High</td>
<td>Yes</td>
<td>3 - 6 Oral, rectal, injected</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Codeine</td>
<td>II III V</td>
<td>Analgesic, antitussive</td>
<td>Moderate</td>
<td>Moderate</td>
<td>Yes</td>
<td>3 - 6 Oral, rectal, injected</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heroin</td>
<td>I</td>
<td>None</td>
<td>High</td>
<td>High</td>
<td>Yes</td>
<td>3 - 6 Injected, sniffed, smoked</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hydromorphone</td>
<td>II</td>
<td>Analgesic</td>
<td>High</td>
<td>High</td>
<td>Yes</td>
<td>3 - 6 Oral, rectal, injected</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Methadone</td>
<td>II</td>
<td>Analgesic</td>
<td>High</td>
<td>Low-Low</td>
<td>Yes</td>
<td>12 - 24 Oral, rectal, injected</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other Narcotics</td>
<td>III IV V</td>
<td>Analgesic, antidiarrheal, antitussive</td>
<td>Low-Low</td>
<td>Low-Low</td>
<td>Yes</td>
<td>Variable Oral, rectal, injected</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| **Depressants**     |                      |              |           |           |                 |                 |                   |                  |
| Chloral hydrate     | IV                  | Hypnotic     | Moderate  | Moderate  | Yes             | 5 - 8 Oral      | Blurred speech, decreased respiration, diaphoresis, without odor of alcohol | Shallow respiration, clammy skin, dilated pupils, weak and rapid pulse, coma, possible death |
| Barbiturates        | II III               | Anesthetic, anticonvulsant, sedative, hypnotic | High     | Moderate | Yes             | 1 - 16 Oral     | Increased pulse, coma, possible death | Anxiety, insomnia, tremors, delirium, convulsions, possible death |
| Benzodiazepines     | II                  | Anxiolytic, anticonvulsant, sedative, hypnotic | Low-Low  | Low-Low  | Yes             | 4 - 8 Oral      | Increased pulse, coma, possible death | Anxiety, insomnia, tremors, delirium, convulsions, possible death |
| Methaqualone        | II                  | Sedative, hypnotic | High     | High     | Yes             | 4 - 8 Oral      |                      |                  |
| Other Depressants   | III IV              | Antianxiety, sedative, hypnotic | Moderate | Moderate | Yes             | 4 - 8 Oral      |                      |                  |

| **Stimulants**      |                      |              |           |           |                 |                 |                   |                  |
| Cocaine             | I                   | Local anesthetic | Possible | High     | Yes             | 1 - 2 Sniffed, smoked, injected | Increased alertness, irritation, euphoria, increased pulse rate and blood pressure, insomnia, loss of appetite | Agitation, increased body temperature, hallucinations, delirium, possible death |
| Amphetamines        | II                  | Attention deficit disorders, narcolepsy, weight control | Possible | High     | Yes             | 2 - 4 Oral, injected | Fatigue, paranoia, occasional psychosis, possible death | Agitation, increased body temperature, hallucinations, delirium, possible death |
| Phencyclidine       | II                  | Weight control | Possible | High     | Yes             | 2 - 4 Oral, injected |                      |                  |
| Other Stimulants    | III IV              | Attention deficit disorders, narcolepsy | Possible | Moderate | Yes             | 2 - 4 Oral, injected |                      |                  |

| **Hallucinogens**   |                      |              |           |           |                 |                 |                   |                  |
| LSD                 | I                   | None         | Unknown  | Yes       | 8 - 12 Days    | Oral            | Hallucinations and visual distortions, poor perception of time and distance | Long periods of sleep, insomnia, hallucinations, possible death |
| Mescaline and Peyote| I                   | None         | Unknown  | Yes       | 8 - 12 Days    | Oral            |                      | Withdrawal syndrome, nausea, vomiting, reported |
| Amphetamines Varies | I                   | None         | Unknown  | Yes       | Variable       | Oral, injected  |                      |                  |
| Phencyclidine       | II                  | None         | Unknown  | Yes       | Days           | Oral, injected  |                      |                  |
| Other Hallucinogens | I                   | None         | Unknown  | Possible  | Variable       | Oral, injected, unfiltered | Fatigue, paranoia, possible psychosis |                      |

| Cannabinoids        |                      |              |           |           |                 |                 |                   |                  |
| Marijuana           | I                   | None         | Unknown  | Moderate  | Yes             | 2 - 4 Smoked, oral | Euphoria, relaxed inhibitions, increased appetite, distortions of time and space | Fatigue, paranoia, possible psychosis |
| Total delta-9-tetrahydrocannabinol | II | THC, Marinol | Unknown | Moderate | Yes             | 2 - 4 Smoked, oral |                      |                  |
| Hashish            | I                   | None         | Unknown  | Moderate  | Yes             | 2 - 4 Smoked, oral |                      |                  |
| Hashish Oil        | I                   | None         | Unknown  | Moderate  | Yes             | 2 - 4 Smoked, oral |                      |                  |

### Health Risks Associated With Substances Covered By The Controlled Substances Act

- **Euphoria, bradycardia, respiratory depression, constricted pupils, coma, possible death**
- **Stimulation, irrational behavior, loss of appetite, irritability, Schneiderian symptoms, possible death**
- **Increased pulse, coma, possible death**
- **Increased body temperature, hallucinations, delirium, possible death**
- **Agitation, increased body temperature, hallucinations, delirium, possible death**
- **Fatigue, paranoia, possible psychosis**
- **Insomnia, hyperactivity, and decreased appetite occasionally reported**
APPENDIX B

FEDERAL DRUG PENALTIES

Federal Laws – Drugs

<table>
<thead>
<tr>
<th>POSSESSION</th>
<th>INCARCERATION</th>
<th>FINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marijuana 1 to 49 plants (less than 50 kg mixture)</td>
<td>&lt;5 years</td>
<td>$250,000 – $1,000,000</td>
</tr>
<tr>
<td>100 – 999 plants (100 kg or 999 kg mixture)</td>
<td>5 – 40 years</td>
<td>$2,000,000 – $5,000,000</td>
</tr>
<tr>
<td>1,000 or more plants (1,000 kg or more mixture)</td>
<td>10 years – life sentence</td>
<td>$4,000,000 – $10,000,000</td>
</tr>
<tr>
<td>Schedule I and II Any amount of Gamma Hydroxybutyric Acid</td>
<td>&lt;20 years</td>
<td>$1,000,000 – $5,000,000</td>
</tr>
<tr>
<td>Schedule III, IV and IV Any amount</td>
<td>1 – 20 years</td>
<td>$100,000 – $10,000,000</td>
</tr>
</tbody>
</table>

Mississippi Laws – Drugs

<table>
<thead>
<tr>
<th>POSSESSION</th>
<th>INCARCERATION</th>
<th>FINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marijuana  &lt;30 grams</td>
<td>None</td>
<td>$100 – $250</td>
</tr>
<tr>
<td>30 – 250 grams</td>
<td>3 years</td>
<td>$3,000</td>
</tr>
<tr>
<td>&gt;250 grams</td>
<td>2 – 30 years</td>
<td>$50,000 – $1,000,000</td>
</tr>
<tr>
<td>Schedule I and II &lt;1/10 gram</td>
<td>1 – 4 years</td>
<td>$1,000 – $10,000</td>
</tr>
<tr>
<td>&gt;1/10 gram</td>
<td>2 – 30 years</td>
<td>$50,000 – $1,000,000</td>
</tr>
<tr>
<td>Schedule III, IV and IV &lt;50 grams</td>
<td>1 year</td>
<td>$1,000</td>
</tr>
<tr>
<td>&gt;50</td>
<td>1 – 24 years</td>
<td>$10,000 – $50,000</td>
</tr>
</tbody>
</table>

Mississippi Laws – Alcohol

<table>
<thead>
<tr>
<th>INCARCERATION</th>
<th>FINE</th>
<th>DRIVER’S LICENSE</th>
<th>OTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Possession/purchase by a person &lt;21</td>
<td>None</td>
<td>$200 – $500</td>
<td>90-day suspension</td>
</tr>
<tr>
<td>Possession/purchase by a person ≥21</td>
<td>48 hours</td>
<td>$250 – $1,000</td>
<td>Complete alcohol safety education program</td>
</tr>
<tr>
<td>1st offense DUI</td>
<td>5 days – 1 year</td>
<td>$600 – $1,500</td>
<td>45-day suspension</td>
</tr>
<tr>
<td>3rd offense DUI</td>
<td>1 – 5 years</td>
<td>$2,000 – $5,000</td>
<td>2-year suspension</td>
</tr>
<tr>
<td>4th or subsequent offense DUI</td>
<td>2 – 10 years</td>
<td>$3,000 – $10,000</td>
<td>5-year suspension</td>
</tr>
</tbody>
</table>

APPENDIX C

UNIVERSITY OF SOUTHERN MISSISSIPPI ATHLETICS DRUG TESTING AND INTERVENTION PROGRAM FOR 2015-16

Mission

The University of Southern Mississippi’s Department of Intercollegiate Athletics has developed and implemented a Drug Testing and Intervention Program (“the program”) for its student-athletes in order to promote their physical and mental well-being. The program is designed to develop and maintain an environment that encourages student-athletes to avoid the use of unauthorized controlled substances, performance-enhancing drugs, alcohol, tobacco and unapproved dietary supplements. Because of the serious nature of substance abuse, the program also includes significant sanctions and penalties that serve as a deterrent to drug use.

The University of Southern Mississippi (USM) works in conjunction with the National Collegiate Athletics Association (NCAA) in its Drug Testing Programs, both on-campus and during its post-season championship events. While the NCAA’s Drug Testing Programs and USM’s program are separate and distinct programs from one another, all Southern Miss student-athletes are subject to the rules and regulations of both.

Objectives

1. To protect the mental and physical health and safety of the university’s student-athletes, teams and competitors
2. To promote a safe, healthy and drug-free environment that supports student-athletes in the achievement of their academic and athletic goals throughout their collegiate careers
3. To educate all student-athletes regarding the physical, medical, psychological, social and legal consequences of drug use and abuse
4. To deter student-athletes from drug use, abuse, dependency and experimentation
5. To protect the integrity of the university and its Intercollegiate Athletics Program by emphasizing abstinence from the use of unauthorized controlled substances and alcohol
6. To identify student-athletes in need of further educational and health care counseling in order to help them lead healthier lifestyles during and following the end of their collegiate careers
Drug Testing Committee
The Drug Testing Committee ("the committee") that oversees the operation and administration of the Drug Testing and Intervention Program will be comprised of USM’s director of athletics, senior athletics compliance officer, sports medicine director, faculty athletic representative and the team physician. The committee will directly enforce the rules and regulations of the Drug Testing Program, which also includes the oversight of educational and health care counseling. The senior compliance officer will be the officially designated Athletics department administrator to oversee the daily operation of the program.

University Organization
1. The director of athletics oversees all aspects of the program (including the Drug Testing Committee) and the procedures by which the university’s Department of Athletics governs the program.
2. The University of Southern Mississippi’s Department of Intercollegiate Athletics employs the National Center for Drug Free Sport (NCDFS) to assist with the administration of its institutional Drug Testing Program.
3. The NCDFS provides a drug testing coordinator, drug testing representatives for specimen processing, and drug testing representatives to witness and collect the specimens from the student-athletes that were randomly chosen to be tested.
4. Collection of specimens will be at the testing site designated by the sports medicine director.
5. The university’s director of athletics will approve the contracts between the Department of Athletics and the NCDFS.

Educational and Health Care Counseling
The Drug Testing Committee will refer all student-athletes who the committee determines are in need of professional assistance to USM’s Student Counseling Services (SCS) for a mandatory assessment. SCS will perform the mandatory assessment, and it will make recommendations based upon its assessment. The committee and/or sports medicine director will consider SCS’s recommendations before ultimately determining a course of action. If an outside professional source is recommended by SCS, the committee will consider the recommendation.

Classifications of Illegal, Controlled and Performance-Enhancing Drugs
1. Anabolic Steroids – Anabolic steroids are a derivative of the male hormone testosterone, and they are banned by the NCAA, the United States Olympic Committee, the International Olympic Committee, and all sports federations and professional athletic organizations. Risks of steroids include, but are not limited to, aggressiveness leading to violence, acne, balding, stunted growth, impotence, psychiatric disorders, atrophy of the testicles, excessive hair growth, kidney disease, liver damage, breast enlargement in males, hypertension and mood swings. Student-athletes may not possess or use steroids without the prescription of a medical doctor. Pursuant to Mississippi law, it is illegal to sell steroids.
2. Illegal and Controlled Drugs – These substances are generally drugs whose manufacture, possession or use is regulated by the government. They may include, but are not limited to, illegal drugs and prescription medications. See Appendix A for the NCAA- and USM-banned substances list. Please note, synthetic cannabinoids are illegal drugs and will be treated as such. Examples of a synthetic cannabinoids include, but are not limited to, Spice, K2, JWH-018 and JWH-073.

Alcohol
Use of alcoholic beverages on The University of Southern Mississippi campus must not violate state, federal and/or local laws. Student-athletes’ use of alcohol is subject to USM’s (institutional) Alcohol and Drug Policy, as well as the Athletics department’s Drug Testing and Intervention Program.

Southern Miss Institutional Drug Testing Procedure
1. USM will conduct institutional drug tests periodically throughout the year.
2. Student-athletes with eligibility remaining will be chosen on a random basis by computer programs—either the NCDFS database or the USM Electronic Medical Record System (EMRS). The NCDFS or EMRS will randomly choose approximately 15% – 20% of the total amount of student-athletes from all sports to be tested on each test date unless a particular team(s) or student-athlete(s) is unavailable (for a permissible reason(s)). Every effort will be made to conduct the test on a date that all teams are available.
3. Generally, The University of Southern Mississippi’s Department of Intercollegiate Athletics will panel test for alcohol, illegal and controlled drugs only. However, USM reserves the right to additionally test for performance-enhancing drugs.
4. Student-athletes will be notified on the day prior to the drug testing date and will be responsible for being present at the assigned time for testing. Student-athletes will report to the chosen facility and will sign in with the NCDFS representative upon arrival. Failure to appear and provide a urine sample will be treated as a positive drug test.
5. Student-athletes will abide by the rules and regulations of NCDFS drug testing and will deliver a urine sample in the presence of a NCDFS representative. The sample will be tested for appropriate levels of both specific gravity and pH on-site and will be properly sent out to a lab by NCDFS representatives. Appropriate chain-of-custody paperwork will be signed by the NCDFS representative, NCDFS representative specimen witness, NCDFS crew chief and a member of the Drug Testing Committee, who is present. Chain-of-custody forms sent to the NCDFS lab will possess only the individual’s drug test number assigned to the drug test in order to maintain confidentiality and avoid bias.
6. All drug tests and chain-of-custody forms will be mailed by certified overnight mail by the NCDFS.
7. Results of all drug tests will be available for the sports medicine director to view on the password protected website from the NCDFS lab. All student-athlete tests will be identified by the chain-of-custody number assigned to the individual’s drug test rather than by name.
8. In addition to the above, all student-athletes are subject to reasonable suspicion drug testing. Head coaches, with the pre-approval of the senior compliance officer (who is the administrator of the Drug Testing Policy), shall have the authority to select specific student-athletes on their teams for immediate testing if the use of a banned substance is suspected. If a student-athlete(s) is selected for reasonable suspicion drug testing, the same protocol for collecting and examining specimen as noted above will be followed, except full-time USM sports medicine staff will be responsible for applying the process rather than NCDFS staff. Likewise, failure to appear and provide a urine sample will be treated as a positive drug test.
Loss of Eligibility
1. All student-athletes must sign a Drug Testing Consent Form (consent form) each year, prior to athletics participation. The consent form requires each student-athlete to consent to be tested for use of drugs prohibited by NCAA legislation and the program.
2. The Athletics Compliance office shall administer the consent form annually to each student-athlete prior to his/her participation in countable athletic-related activities.
3. All student-athletes testing positive for any substance found on the banned substance list are subject to a possible loss of eligibility as described in the Penalty/Sanction section of the program below.
4. Student-athletes testing positive for alcohol are subject to USM’s Alcohol and Drug Policy, including all disciplinary policies and procedures. In addition to any institutional penalty that may be imposed by USM’s Alcohol and Drug Policy, the Drug Testing Committee reserves the right to take additional disciplinary measures, including, but not limited to, attending a required SCS assessment, suspension and permanent dismissal from the team.
5. Student-athletes who fail to sign the notification form (as required for NCAA testing); fail to arrive at the designated collection site without a permissible justification; fail to provide a urine sample according to protocol; leave the collection site before providing a specimen according to protocol; attempt to alter the integrity or validity of the urine specimen; or cause disruption to the drug testing environment, thus causing either the drug testing coordinator or the sports medicine director to remove him/her from the premises will be treated as if he/she had tested positive for a banned substance.

Student-Athlete Selection
1. All USM student-athletes are subject to the program. Reasonable efforts will be made to ensure that every student-athlete shall be tested no less than once per year pursuant to the program identified above. However, due to the truly random selection process used to identify student-athletes for testing discussed in Number 3 below, some student-athletes may not be tested each year.
2. The committee is responsible for selecting the institutional drug testing dates.
3. Student-athletes will be randomly selected for testing by a NCFDS or EMRS computer program. The NCFDS or EMRS program will select the student-athletes randomly from the squad lists that are provided each semester by the sports medicine director.
4. Student-athletes who test positive and subsequently have their eligibility restored will continue to be subject to institutional drug testing pursuant to the program. In addition, all such individuals may be tested per the discretion of the director of athletics and the head coach of his/her sport.
5. Reasonable Suspicion Drug Testing: All head coaches, with the pre-approval of the senior compliance officer, shall have the authority to select specific student-athletes on their teams for immediate testing if the use of a banned substance is suspected. The director of athletics and the sports medicine director shall have the analogous authority for student-athletes in all sports. The sports medicine director and his/her staff shall initiate the reasonable suspicion drug testing if the day of the requested test falls on a day in which random testing is not performed.
6. Additional testing subsequent to a positive drug test: Immediately following a positive drug test, a student-athlete shall be subject to random drug testing at an increased frequency for a period of at least one year. Follow-up drug tests that result in positive results will not be subject to the penalty progression if it is determined the results were due to a residual drug excretion rather than new drug use.
7. Baseline testing: Upon initial enrollment at USM, all new student-athletes will be immediately drug tested. This baseline testing shall be used as an opportunity for the coaches and staff to educate all incoming student-athletes about the program and our expectations of their behavior as USM student-athletes. Because of the educational nature of baseline testing, a positive test will not be treated as a first occurrence, and it will not be subject to USM’s Penalty/Sanction section of the program noted below. Rather, since the student-athlete was likely not enrolled at USM at the time the prohibited substance was used and he/she had likely not been apprised of the terms of the program, education and possible enrollment in SCS is the appropriate treatment method for all positive baseline tests.

Student-Athlete Notification
1. If selected for a drug test, each student-athlete will be notified in person, if possible, by either a member of the sports medicine staff, the student-athlete’s coaching staff, the director of athletics or the senior compliance officer. If the student-athlete cannot be notified in person, he/she will be notified by phone call, text message or email.
2. The sports medicine director will identify the student-athlete upon arrival to the drug testing site. If the sports medicine director is not able to attend the drug test, either a member of the sports medicine staff or the senior compliance officer will identify the student-athlete(s) chosen for testing upon his/her arrival at the drug testing site.

Specimen Collection
1. Collection of specimens for institutional random drug testing will be performed by the NCFDS per the NCDFS protocol, whereas collections of specimens for the reasonable suspicion drug testing will be performed by a full-time member of the USM sports medicine staff if the NCFDS staff is not available.
2. If collection is performed by a full-time member of the sports medicine staff, it will be performed in the following manner:
   a. A member of the sports medicine staff will provide the student-athlete with a clean and packaged collection cup and will ask the student-athlete to wash his/her hands with soap and water prior to collection.
   b. The student-athlete will lower pants to the knee area and will provide his/her sample in the presence of the sports medicine staff.
   c. The student-athlete will place the sample at the appropriate testing counter where the specific gravity and pH will be tested using a urinalysis machine.
   d. Once the validity of the specimen is registered, the collector will place the appropriate amounts into two collection tubes provided by NCDFS (one for an “A Sample” and one for a “B Sample”).
   e. The two samples will be placed into a sealable plastic bag, and the plastic bag will then be placed in a box marked NCDFS. The box will have a seal containing the drug testing specimen number placed on its opening, and that number will match the number on the chain-of-custody form.
   f. The specimen collection will be sent via overnight mail on the day of collection, unless it is collected on a weekend, in which case it will be sent the following Monday.
Penalty/Sanction for Positive USM Drug Test Results

ALL DRUGS EXCEPT STREET DRUGS

First Occurrence

a. Mandatory participation in an official assessment by SCS or an alternative program suggested by SCS

b. Mandatory notification of parents/guardians, if applicable. If the student-athlete’s parents/guardians are living and are involved in the student-athlete’s life, they will be mailed a letter via certified mail by the director of athletics informing them of their son’s/daughter’s positive drug test.

c. The student-athlete shall be subject to random drug testing at an increased frequency for a period of at least one year.

d. An additional penalty may be imposed at the discretion of the head coach and athletics director, including termination of athletic scholarship and suspension or dismissal from the team.

Second Occurrence

a. The student-athlete is permanently dismissed from the Intercollegiate Athletics program and his/her athletic scholarship (if applicable) is terminated at the end of the semester.

STREET DRUGS

First Occurrence

a. Mandatory participation in an official assessment by SCS or an alternative program suggested by SCS

b. Mandatory notification of parents/guardians, if applicable. If the student-athlete’s parents/guardians are living and are involved in the student-athlete’s life, they will be mailed a letter via certified mail by the director of athletics informing them of their son’s/daughter’s positive drug test.

c. The student-athlete shall be subject to random drug testing at an increased frequency for a period of at least one year.

d. An additional penalty may be imposed at the discretion of the head coach and athletics director, including termination of athletic scholarship and suspension or dismissal from the team.

Second Occurrence

a. Mandatory participation in an official assessment by SCS or an alternative program suggested by SCS

b. Immediate mandatory suspension of 10% of the team’s contests against outside competition, with partial games rounded to the next whole number (e.g., 12 games results in a suspension of 1.2 games, which rounds down to 1 game; 56 games results in a suspension of 5.6 games, which rounds up to 6 games)

c. Mandatory notification of parents/guardians, if applicable. If the student-athlete’s parents/guardians are living and are involved in the student-athlete’s life, they will be mailed a letter via certified mail by the director of athletics informing them of their son’s/daughter’s second positive drug test.

d. The student-athlete shall be subject to random drug testing at an increased frequency for a period of at least one year.

e. An additional penalty may be imposed at the discretion of the head coach and athletics director, including termination of athletic scholarship and suspension or dismissal from the team.

Third Occurrence

a. The student-athlete is permanently dismissed from the Intercollegiate Athletics program and his/her athletic scholarship (if applicable) is terminated.

Failure to Comply With All Counseling Session Requirements

Failure to comply with all requirements of SCS treatment program or any program to which the student-athlete is referred by SCS may result in additional penalties, which could include an immediate mandatory suspension of up to 10% of the team’s schedule against outside competition, with partial games rounded to the next whole number in the manner described above. Once a student-athlete has begun the treatment program, he/she is responsible for abiding by the drug counseling program rules. Any absences or deviations from the program will be reported to the sports medicine director or the senior compliance officer.

Positive Drug Test Forgiveness

If a student-athlete has previously tested positive for street drugs on one or two occasions, he/she has an opportunity to have one positive test removed from his/her record. The student-athlete must be in
compliance with the treatment program and must not have any positive drug tests during the three semesters immediately following his/her most recent positive drug test (e.g., a student who tested positive in October of his freshmen year may have his prior test forgiven if he has no additional positive tests during the remainder of his freshmen year and throughout his entire sophomore year). Prior positive drug test forgiveness is only available once during a student-athlete’s career.

Voluntary Disclosure/Safe Harbor
A student-athlete who has engaged in prohibited drug use is encouraged to seek assistance from the Athletics department by voluntarily disclosing his or her drug use to the sports medicine director. A student-athlete may refer himself/herself to the program for voluntary assessment, evaluation, testing and counseling. The student-athlete will be tested for banned substances upon entry into the Safe Harbor Program; any such positive initial test will not result in any penalty or sanction. A student-athlete is not eligible to enter the Safe Harbor if he/she has been informed of an impending drug test or after having received a positive institutional or NCAA drug test.

In addition, a student-athlete is not permitted to enter the Safe Harbor Program 30 days prior to NCAA or conference post-season competition. A student-athlete will only be permitted to enter the Safe Harbor Program one time during his/her athletics eligibility at USM. If a student-athlete successfully requests entry into the Safe Harbor Program prior to any notification of a random test, the duration of an individual’s safe harbor will be determined by the sports medicine director, with assistance from NCFDS and/or SCS. While in compliance with the Safe Harbor Program’s treatment plan, the student-athlete will not be included in the list of student-athletes eligible for random drug testing. However, student-athletes in the Safe Harbor Program may be selected for drug testing by the NCAA.

Medical Exceptions
Medical exceptions will be made for student-athletes testing positive that are currently taking a medication for which they have a valid doctor’s prescription. Examples of these medications include, but are not limited to, Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder (ADD/ADHD) medications, pain (narcotic) medications, etc. Any student-athlete who is taking an ADD/ADHD medication must show proof of ADD/ADHD testing prior to beginning the academic year. Any other medication that may fall under the banned substance list for which the student-athlete has a valid prescription should be provided in its prescribed container upon arrival at the drug testing site. Failure to do so will result in a positive drug test.

Counseling
All student-athletes referred for assistance will attend a mandatory assessment by SCS, if eligible. If it is advised and recommended by SCS that the student-athlete be referred to an off-campus site for counseling, the committee will consider the recommendation.

During the course of SCS’s treatment program, follow-up drug testing may be recommended by SCS staff prior to the student-athlete being released from SCS counseling. If such requests occur prior to release from the SCS treatment program, such follow-up testing will be administered by USM’s Student Health Services staff or USM’s sports medicine staff and the results will remain confidential. As such, any positive test(s) will not be subject to USM’s Penalty/Sanction section of the program. Rather, it will be used as a treatment tool by SCS staff in determining continued treatment options.

NCAA Drug Testing Program
The Department of Athletics participates in the NCAA Drug Testing Program. The NCAA tests randomly for a number of prohibited substances, including but not limited to anabolic steroids, diuretics, ephedrine, peptide hormones and analogues, and urine manipulators. Any student-athlete(s) who tests positive in the NCAA Program is required to comply with all NCAA disciplinary actions. The penalty associated with a positive NCAA drug test for all drugs except street drugs is loss of one year of eligibility, and student-athletes are withheld from competition for a full season. The penalty associated with a positive NCAA drug test for street drugs is loss of 50% of regular season contests in the season following the positive test.

NCAA Drug Testing Policy
NCAA’s Drug Testing Program involves urine collection on specific occasions and laboratory analyses for substances on the list of banned drug classes developed by the NCAA Executive Committee. This list consists of substances which are considered as “performance-enhancing” and/or are potentially harmful to the health and safety of student-athletes. These classes of drugs include, but are not limited to, stimulants (such as cocaine), street drugs (such as marijuana) and anabolic steroids. The NCAA policies and procedures can be viewed, as well as the banned substance list, at ncaa.org.
**APPENDIX D**

**THE UNIVERSITY OF SOUTHERN MISSISSIPPI BANNED SUBSTANCE LIST**

Below are the drugs that are included on both USM’s and the NCAA’s Banned Substance List. All student-athletes should consult with the sports medicine director prior to taking any medications included on the list unless prescribed by a doctor.

**Banned Drugs**

<table>
<thead>
<tr>
<th>A. Stimulants</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Amiphenazol</td>
<td>Ethylamphetamine</td>
</tr>
<tr>
<td>Amphetamine</td>
<td>Meclofenoxate</td>
</tr>
<tr>
<td>Bemigride</td>
<td>Methamphetamine</td>
</tr>
<tr>
<td>Benzphetamine</td>
<td>Methylphenidate</td>
</tr>
<tr>
<td>Bromantan</td>
<td>MDMA - Ecstasy</td>
</tr>
<tr>
<td>Caffeine</td>
<td>Nikethamide</td>
</tr>
<tr>
<td>Chlorphentermine</td>
<td>Pemoline</td>
</tr>
<tr>
<td>Cocaine</td>
<td>Pentetrazol</td>
</tr>
<tr>
<td>Cropropamide</td>
<td>Phendimetrazine</td>
</tr>
<tr>
<td>Crothetamide</td>
<td>Phenmetrazine</td>
</tr>
<tr>
<td>Diethylpropion</td>
<td>Phentermine</td>
</tr>
<tr>
<td>Dimethylamphetamine</td>
<td>Picrotoxine</td>
</tr>
<tr>
<td>Doxapram</td>
<td>Piroxine</td>
</tr>
<tr>
<td>Ephedrine</td>
<td>Prolintane</td>
</tr>
<tr>
<td>Ethamivan</td>
<td>Strychnine and related compounds</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>B. Anabolic Agents</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Androstenediol</td>
<td>Methenolone</td>
</tr>
<tr>
<td>Androstenedione</td>
<td>Methyltestosterone</td>
</tr>
<tr>
<td>Boldenone</td>
<td>Nandrolone</td>
</tr>
<tr>
<td>Clostebol</td>
<td>Norandrostenediol</td>
</tr>
<tr>
<td>Dehydrochlormethyl-testosterone</td>
<td>Norandrostenedione</td>
</tr>
<tr>
<td>Dehydroepiandrosterone (DHEA)</td>
<td>Norethandrolone</td>
</tr>
<tr>
<td>Dehydrotestosterone (DHT)</td>
<td>Oxandrolone</td>
</tr>
<tr>
<td>Dromostanolone</td>
<td>Oxymesterone</td>
</tr>
<tr>
<td>Flouoxymesterone</td>
<td>Oxymetholone</td>
</tr>
<tr>
<td>Mesterolone</td>
<td>Stanozolol</td>
</tr>
<tr>
<td>Methandienone</td>
<td>TESTERONE and related compounds</td>
</tr>
<tr>
<td>Other Anabolic Agents:</td>
<td>Clenbuterol</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>C. Diuretics</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Androstenediol</td>
<td>Methenolone</td>
</tr>
<tr>
<td>Androstenedione</td>
<td>Methyltestosterone</td>
</tr>
<tr>
<td>Boldenone</td>
<td>Nandrolone</td>
</tr>
<tr>
<td>Clostebol</td>
<td>Norandrostenediol</td>
</tr>
<tr>
<td>Dehydrochlormethyl-testosterone</td>
<td>Norandrostenedione</td>
</tr>
<tr>
<td>Dehydroepiandrosterone (DHEA)</td>
<td>Norethandrolone</td>
</tr>
<tr>
<td>Dehydrotestosterone (DHT)</td>
<td>Oxandrolone</td>
</tr>
<tr>
<td>Dromostanolone</td>
<td>Oxymesterone</td>
</tr>
<tr>
<td>Flouoxymesterone</td>
<td>Oxymetholone</td>
</tr>
<tr>
<td>Mesterolone</td>
<td>Stanozolol</td>
</tr>
<tr>
<td>Methandienone</td>
<td>TESTERONE and related compounds</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>D. Street Drugs</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Heroin</td>
<td></td>
</tr>
<tr>
<td>Marijuana (&quot;THC,&quot; Tetrahydrocannabinol)</td>
<td></td>
</tr>
<tr>
<td>Synthetic Cannaboids – K2, Spice, JWH-018, JWH-073</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>E. Peptide Hormones and Analogues</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Chorionic Gonadotrophin</td>
<td></td>
</tr>
<tr>
<td>Corticotrophin (ACTH)</td>
<td></td>
</tr>
<tr>
<td>Human Chorionic Gonadotrophin (HCG) Erythropoietin (EPO)</td>
<td></td>
</tr>
<tr>
<td>Human growth hormone (HGH, Somatotrophin)</td>
<td></td>
</tr>
<tr>
<td>Sermorelin</td>
<td></td>
</tr>
</tbody>
</table>

**Positive Definition**

1. Caffeine – if concentration in the urine exceeds 15 micrograms per milliliter
2. Testosterone – if the administration of the testosterone or the use of any other manipulation has the result of increasing the ratio of the total concentration of testosterone to that of epitestosterone in the urine to greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition
3. Marijuana and THC – if concentration in the urine of THC exceeds 5 nanograms per milliliter
4. Synthetic Cannaboids – Any positive test as determined from a sample given by the student-athlete.

Last updated 9.10.15/df