

ALCOHOL AND DRUG ABUSE PREVENTION PROGRAM

The Institute of Culinary Education (ICE) has a strict policy against abuse of drugs and alcohol by students and employees. Use of illegal drugs, abuse of prescription or over-the-counter drugs, and alcohol abuse create serious health risks as well as raising the potential for serious legal penalties. The unlawful possession, use, or distribution of controlled substances and alcohol by students and employees on the school's property, or as part of the school's activities is strictly forbidden, except to the extent that alcohol may occasionally be used for an approved purpose as part of the academic program. Consumption of alcohol by a student under the age of 21 is strictly forbidden. Violations of the drug and alcohol prohibitions are grounds for immediate dismissal or other disciplinary action.

Legal Penalties

Illegal use of drugs and alcohol are serious crimes under both New York State and Federal laws. Articles 220 and 221 of the New York State Penal Law set criminal penalties for possession or sale of controlled substances, including illegal drugs and prescription drugs. Depending on the amount sold and other factors, the violation may be a misdemeanor or a felony. Penalties can include both fines and prison sentences. The seriousness of the offense and penalty imposed upon conviction depend upon the individual drug and amount held, sold, or provided to another person. Providing a controlled substance for free to another person counts as selling the substance for purposes of the law.

New York State Alcohol Beverage Control law sets twenty-one (21) as the minimum age to purchase or possess any alcoholic beverage. Parts of that law include:

- Fines of \$50 for possession of alcohol under the age of 21;
- Fines of \$100 and requirements of community service for fraudulently buying alcohol; and
- Significant fines for selling, giving or serving alcohol to persons under 21 years of age.

Federal penalties for sale or possession of scheduled drugs range from fines to imprisonment, up to and including life imprisonment if someone you sell or give drugs to dies as a result. Penalties increase if you have more than one offense and are related to the amount and type of drug.

Driving While Intoxicated

In November 2009, the New York legislature passed and Governor Paterson signed, a new anti-impaired law with 2 major components; one to toughen the penalties for driving impaired with children and one to require interlock devices for those convicted. "When I introduced The Child Passenger Protection Act - now known as Leandra's Law - it was because too often drivers under the influence of alcohol or drugs chose to compromise not only their own lives, but also the lives of our children. Today, we say enough," Governor Paterson said.

Important provisions of this law includes:

First time offenders driving while intoxicated (.08 Blood Alcohol Content (BAC) or more) or impaired by drugs while a child of younger than 16 years old is in the vehicle may be charged with a class E felony punishable by up to 4 years in State prison.

Individuals charged with driving with a blood alcohol level of .08 or greater and with a child under the age of 16 in the vehicle would automatically have their license suspended pending prosecution.

Health Risks Associated with Drug Abuse

- There are both immediate and long-term problems that can be associated with drug and alcohol abuse. An acute problem can result from a single episode of drug/alcohol use such as sudden heart failure (cocaine use) or an automobile accident (alcohol or drug use). While under the influence of alcohol or drugs, a person is not mentally sharp and physical reflexes may be slowed. Because culinary and pastry arts students use knives, hot liquids, ovens and other potentially dangerous equipment, violation of the drug and alcohol abuse policy at school is particularly dangerous.
- Chronic problems can result from long-term abuse of alcohol or drugs. These include liver problems, cognitive deficits, and physical tremors as well as behavior problems and difficulty concentrating or holding a job. Using drugs can lead to addiction, impairment, and death.

Symptoms of addiction may include:

- Drinking or getting high daily
- The need to drink more or take larger amounts of drugs to get an effect
- Feeling guilt or remorse about drinking/drug use or things you do while drinking or high
- Anxiety or depression (which could be a cause or effect of the substance abuse)
- Complaints from family, friends, or colleagues about drinking or drug use
- Decline in performance or increase in absences at school or work
- Inability to remember what happened when drinking (blackouts)

Drug abuse does not just include illegal drugs. Legal prescription drugs and some over-the-counter medications like cough syrup are hazardous when misused. Combinations of drugs, or drugs and alcohol, can be particularly dangerous.

Counseling, Treatment, and Rehabilitation Programs

There are many sources of help for persons with drug or alcohol abuse problems in and around New York City. The Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Department of Health and Human Services provides an on-line resource for locating drug and alcohol abuse treatment programs. The Substance Abuse Treatment Facility Locator lists:

- Private and public facilities that are licensed, certified, or otherwise approved for inclusion by their State substance abuse agency
- Treatment facilities administered by the Department of Veterans Affairs, the Indian Health Service and the Department of Defense.

The locator list for New York State can be found at

<https://findtreatment.samhsa.gov/locator?sAddr=New+York+State&submit=Go>

You may also call the Referral Helpline operated by SAMHSA's Center for Substance Abuse Treatment:

- 1-800-662-HELP (English & Español) 1-800-487-4889 (TDD)

Important Help Information

LIFENET- 24 HR HOTLINE 1-800-543-3638

Multiple languages available

AA (Alcoholics Anonymous)

USA Tel: (845) 452-1111

www.aa.org/

http://www.aa.org/pages/en_US/find-aa-resources?zipcode=Zip%2FPostal+Code

NA (Narcotics Anonymous)

Tel: (818) 773-9999 (5:00 AM- 3:00 PM)

www.na.org

<http://www.naws.org/meetingsearch/> - Find a meeting