

Culinary Institute LeNôtre®

A Legendary Name for Your Culinary Arts College®

ZERO TOLERANCE / STUDENT ALCOHOL AND DRUG POLICY

I POLICY

CIL has a zero tolerance drug policy. As a condition of acceptance to CIL, students agree to random and for-cause drug testing or search throughout their attendance. We at CIL pride ourselves on the school's reputation of having a drug-free environment, where all students can be assured of a safe and drug-free learning experience. If any student is caught with drugs on the premises, or a student is randomly/for-cause selected to take a drug and screening test and the results are positive, according to the severity of the violation, in the judgment of school authorities, the following disciplinary sanctions will be imposed upon students for drug or alcohol abuse violations occurring on school premises:

- Oral or written reprimand
- Suspension from school
- Mandatory entry into a drug or alcohol abuse counseling, treatment, or rehabilitation program. If referred, failure to enter and successfully complete such program will result in immediate termination.
- Immediate termination without referral to a treatment and rehabilitation program.
- Referral of violation to local law-enforcement agencies for prosecution.

II HEALTH RISKS ASSOCIATED WITH ALCOHOL ABUSE

Alcohol is the most abused drug in the US today and causes many serious health problems. Alcohol consumed in heavy amounts over a period of years can result in brain damage, cancer of the mouth, stomach, and esophagus, heart disease, liver damage, ulcers, and death. Prolonged excessive drinking can shorten a person's lifespan by 10 to 12 years.

Even low doses of alcohol significantly impair the judgment and coordination required to drive a car safely, increasing the likelihood of an accident. There are approximately 150,000 deaths each year in the United States directly related to alcohol abuse. Additionally, alcohol-related accidents are the number one cause of death in the 16-24 year age group.

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Alcohol interferes with psychological functions and can cause interpersonal difficulties. Low to moderate doses of alcohol can increase the incidence of a variety of aggressive acts, including spouse and child abuse. Moderate to high doses of alcohol severely alter a person's ability to learn and remember information. Alcohol use is often related to acquaintance rape and failure to protect oneself from sexually transmitted diseases (STD).

Alcohol consumption causes a number of marked changes in behavior. Low to moderate doses of alcohol also increase the incidence of a variety of aggressive acts. Moderate to high doses of alcohol cause marked impairment of higher mental functions, severely altering a person's ability to learn and remember information. Very high doses cause respiratory depression and death. If combined with other depressants of the central nervous system, much lower doses of alcohol can lead to dependence.

Sudden cessation of regular alcohol use is likely to produce withdrawal symptoms, including severe anxiety, tremors, hallucinations, and convulsions. Alcohol withdrawal can be life threatening. Long-term consumption of large quantities of alcohol can also lead to permanent damage to vital organs such as the brain and the liver.

Females who drink alcohol during pregnancy may give birth to infants with Fetal Alcohol Syndrome. These infants have irreversible physical abnormalities and mental retardation. In addition, research indicates that children of alcoholic parents are at greater risk than other children of becoming alcoholics.

III LEGAL RAMIFICATIONS / DRIVING WHILE INTOXICATED (DWI) AND PUBLIC INTOXICATION (PI)

OFFENSE	MAXIMUM PUNISHMENT
Driving While Intoxicated	Confinement in a jail for a term not to exceed 180 days and/or a fine not to exceed \$2,000 with a minimum term of confinement of 6 days.
Public intoxication	Fine not to exceed \$500

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Intoxication assault	Imprisonment in TDC for a term of not more than 10 years or less than 2 years and a fine not to exceed \$10,000.
Intoxication manslaughter	Imprisonment in TDC for a term of not more than 20 years or less than 2 years and a fine not to exceed \$10,000.

IV HEALTH RISKS ASSOCIATED WITH DRUG ABUSE

Designer Drugs

Illegal drugs are defined in terms of their chemical formulas. To circumvent these legal restrictions, "underground" chemists modify the molecular structure of certain illegal drugs to produce analogs known as "designer drugs." These drugs can be several hundred times stronger than the drugs they are designed to imitate. Many of the so-called designer drugs are related to amphetamines (MDMA, X).

Bootleg manufacture creates overdose and contamination risks. These substances can produce severe neurochemical damage to the brain. The narcotic analogs (fentanyl, china white) can cause symptoms such as those seen in Parkinson's disease: uncontrollable tremors, drooling, impaired speech, paralysis, and irreversible brain damage. Analogs of amphetamines and methamphetamines cause nausea, blurred vision, chills or sweating, and faintness. Psychological effects include anxiety, depression, and paranoia. As little as one dose can cause brain damage. The analogs of phencyclidine (PCP) cause delusions, hallucinations, and impaired perception.

Cocaine

Cocaine stimulates the central nervous system. Cocaine use can cause death by cardiac arrest or respiratory failure. Its immediate effects include dilated pupils and elevated blood pressure, heart rate, respiratory rate, and body temperature. Occasional use can cause a stuffy or runny nose, while chronic use can ulcerate the mucous membrane of the nose. Sharing contaminated needles and syringes for injecting cocaine can spread the AIDS virus, hepatitis, and other diseases. Cocaine can produce psychological and physical dependency, a feeling that the user cannot function without the drug. In addition, tolerance develops rapidly. "Crack," or "freebase rock," is extremely addictive, and its effects are felt within ten seconds. The physical effects include dilated pupils,

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increased pulse rate, elevated blood pressure, insomnia, loss of appetite, tactile hallucinations, paranoia, and seizures.

Other Stimulants

Stimulants can cause increased heart and respiratory rates, elevated blood pressure, dilated pupils, and decreased appetite. In addition, users may experience sweating, headaches, blurred vision, dizziness, sleeplessness, and anxiety. Extremely high doses can cause a rapid or irregular heartbeat, tremors, loss of coordination, and even physical collapse. An amphetamine injection creates a sudden increase in blood pressure that can result in stroke, very high fever, or heart failure. In addition to the physical effects, users report feeling restlessness, anxiety, and mood swings. Higher doses intensify the effects. Persons who use large amounts of amphetamines over a long period of time can develop an amphetamine psychosis that includes hallucinations, delusions, and paranoia.

Marijuana

All forms of cannabis can result in negative physical and mental effects. Use of cannabis may impair or reduce short-term memory and comprehension, alter sense of time, and reduce ability to perform tasks requiring concentration and coordination, such as driving a car. Research also shows that students do not retain knowledge when they are "high." Motivation and cognition may be altered, making the acquisition of new information difficult. Marijuana can also produce paranoia and psychosis. Because users often inhale the unfiltered smoke deeply and then hold it in their lungs as long as possible, marijuana is damaging to the lungs and pulmonary system: marijuana smoke contains more cancer-causing agents than tobacco smoke. Long-term users of cannabis may develop psychological dependence and require more of the drug to get the same effect.

Hallucinogens

Lysergic acid (LSD), mescaline, and psilocybin cause delusions and hallucinations. The physical effects may include dilated pupils, elevated body temperature, increased heart rate and blood pressure, loss of appetite, sleeplessness, and tremors. Sensations and feelings may change rapidly. It is common to have bad psychological reactions to LSD, mescaline, and psilocybin. The user may experience panic, confusion, suspicion, anxiety, and loss of control. Delayed effects, or "flashbacks," can occur even after use has ceased.

Users of PCP report persistent memory problems and speech difficulties. Some of these effects may last six months to a year following prolonged daily use. Mood disorders--depression, anxiety, and

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violent behavior--also occur. In later stages of chronic use, users often exhibit paranoid and violent behavior. Large doses may produce convulsions and coma, as well as heart and lung failure.

Depressants

The effects of depressants are in many ways similar to the effects of alcohol (which is itself a depressant). Small amounts can produce calmness and relaxed muscles, but somewhat larger doses can cause slurred speech, staggering gait, and altered perception. Large doses can cause respiratory depression, coma, and death. The combination of depressants and alcohol can multiply the effects of the drugs, thereby multiplying the risks. The use of depressants can cause both physical and psychological dependence. Regular use over time may result in a tolerance to the drug, leading the user to increase the quantity consumed. When regular users suddenly stop taking large doses, they may develop withdrawal symptoms ranging from restlessness, insomnia, and anxiety to convulsions and death.

V. LEGAL RAMIFICATIONS / POSSESSION OF DRUGS

OFFENSE	MAXIMUM PUNISHMENT
Manufacture or delivery of a controlled substance (drugs)	Imprisonment in TDC for life or for a term of not more than 99 years or less than 15 years and a fine not to exceed \$250,000.
Possession of a controlled substance	Imprisonment in TDC for life or for a term of not more than 99 years or less than 10 years and a fine not to exceed \$100,000.
Delivery of marijuana	Imprisonment in TDC for life or for a term of not more than 99 years or less than 10 years, and a fine not to exceed \$100,000.
Possession of marijuana	Imprisonment in TDC for life or for a term of not more than 99 years or less than 5 years, and a fine not to exceed \$50,000.
Manufacture, distribution, or dispensing drugs (includes marijuana)	A term of life imprisonment without release (no eligibility for parole) and a fine not to exceed \$8,000,000 (for an individual) or \$20,000,000 (if other than an individual).
Possession of drugs (including marijuana)	Imprisonment for not more than 20 years nor less than 5 years, a fine of not less than \$5,000 plus costs of investigation and prosecution.

VI. AREA COUNSELING CENTERS

CIL does not provide counseling or maintain a substance abuse program. Contact information for local organizations that provide counseling, treatment and/or rehabilitation programs are as follows:

Alcohol Abuse

- Road to Recovery
9400 Lomax
Houston, Texas 77093
(713) 742-6514
- Scout House
1711 Rutland
Houston, Texas 77008
(713) 862-9064
- Heights Presbyterian Church
240 West 18th
Houston, Texas 77009

Drug Abuse

- Montrose Counseling Center
401 Branard St
Houston, Texas 77006
(713) 529-0037
- Last Chance Recovery Center
5130 Milwee
Houston, Texas 77009
(713) 529-1581
- Helpline (713) 661-4200

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(713) 861-1907

VII. DISCIPLINARY SANCTIONS

The CIL policy prohibiting the unlawful possession, use, or distribution of illicit drugs and alcohol protects and supports the students of CIL. Therefore, any student admitting to or convicted of the unlawful possession, use, or distribution of illicit drugs and alcohol will be subject to disciplinary action (up to and including suspension and termination), may be referred for prosecution, and may be required to satisfactorily participate in a drug and alcohol assistance or rehabilitation program.

VIII. RECEIPT / ACKNOWLEDGEMENT / SIGNATURE

I have received, read, and understand CIL's zero-tolerance drug / alcohol policy. I also understand that my failure to abide by this policy will result in disciplinary sanctions.

Student Name (please print)

Student Signature

Date

Financial Aid Witness Signature

Date

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