Student Wellness
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Dear USD Student Community,

This is a community message to ensure you are aware that the use of alcohol and other drugs can have a negative impact on the well-being of college students and on our USD community. In an effort to educate, call our community to action, help those in need, and comply with Part 86 of the Drug-Free Schools and Campuses Regulations, this in-depth memorandum is being provided to the USD student community. We ask for your compliance with all alcohol and other drug policies and encourage your active participation in fostering a responsible, safe, and caring community.

Please keep this memorandum as a resource for you to refer to throughout the academic year. This memorandum will outline the following:

1) A list of alcohol and other drug campus resources available to students including counseling, treatment and prevention resources.
2) Applicable legal sanctions imposed under federal, state, and local laws for unlawful possession or distribution of illicit drugs and alcohol.
3) USD standards of conduct that prohibit the unlawful possession, use, or distribution of illicit drugs and alcohol.
4) USD disciplinary sanctions for violations of the USD standards of conduct.
5) A description of the health risks associated with the abuse of alcohol or use of illicit drugs.

1. ALCOHOL AND OTHER DRUG ON-CAMPUS RESOURCES:

Knowing how to cope with challenges and keeping yourself informed are important steps in successfully navigating the rigorous demands of college life.

Resources and referrals are available for students who have concerns regarding their own or someone else's use of alcohol and other drugs. For information and assistance, students are encouraged to contact one of the following offices or programs.

Center for Health and Wellness Promotion
Palomar Health Student Wellness Center
(619) 260-4618
www.sandiego.edu/health-wellness

Counseling Center
Saints Tekakwitha & Serra Hall, Room 300
(619) 260-4655
www.sandiego.edu/counseling-center

USD Timely Care
TimelyCare.com/USD
Offers students a 24/7 extension of campus health and counseling center resources.

Student Health Center
Maher Hall, Room 140
(619) 260-4595
www.sandiego.edu/health-center

USD Public Safety
Durango, Suite D
(619) 260-7777 (non-emergency number)
(619) 260-2222 (24 hour emergency number)
www.sandiego.edu/safety

12 Step Recovery Meetings in San Diego County

- Alcoholics Anonymous
- Narcotics Anonymous
- 12 Step Recovery Meetings on USD's campus

eCheckup
Evidence-based, online, personalized wellbeing assessments designed to motivate users to make positive changes and enhance overall well-being and mental health.

Sober Circle
Sober Circle is a weekly student wellness group aimed at fostering community, skills and healthy behavioral choices for USD students.

RESPONSIBLE TOREROS

The University's highest priority is the physical and mental health, safety, and well-being of individual students and the campus community. Therefore, a student seeking medical attention for themselves, or for another student (or person), due to alcohol or other drug intoxication by contacting either university or local authorities might not be formally adjudicated for the related role of conduct by the University. The practice may apply to the concerned Torero and the student of concern. The purpose of this practice is to encourage students to promptly and actively seek-out assistance in good faith when an immediate health risk is brought on by intoxication. We encourage all students to be Responsible Toreros!

If you discover someone who is excessively intoxicated, unconscious, or in need of emergency assistance, do not hesitate to immediately dial the Department of Public Safety at (619) 260-2222 (if on campus), or 911 (if off campus).

PREVENTION AND EDUCATION

USD provides useful and informative preventative educational experiences throughout the year. A variety of departments sponsor programs, workshops, and lectures on alcohol and other drug issues to support healthy lifestyles. For an up-to-date listing of events, refer to the BeWell USD webpage.

NARCAN TRAINING AND DISTRIBUTION

In 2024, USD launched an enhanced Narcan training and distribution program, in response to the nation's opioid epidemic. This online training is available for USD students, faculty and staff. After watching a brief training video and successfully completing a knowledge assessment, individuals are invited to come to the Center for Health and Wellness Promotion to pick up their box of Narcan and meet with a Wellness professional. In addition to providing students with Narcan, we also equip them with essential tools to create a safe and healthy community, and provide opportunities for meaningful connections with USD Wellness professionals.

2. LEGAL SANCTIONS IMPOSED UNDER FEDERAL, STATE, AND LOCAL LAWS:

Federal, state, and local laws establish severe penalties for unlawful possession or distribution of illicit drugs and alcohol. These sanctions, upon conviction, may range from a small fine and probation to imprisonment, or both.

FEDERAL LAW

Under Federal law, the sanctions for possession and distribution of illegal drugs include the seizure and summary forfeiture of property, including vehicles. In addition, federal law penalties for illegally distributing drugs include life imprisonment and fines in excess of $1,000,000. For a detailed list of federal penalties related to controlled substances, please visit: www.deadiversion.usdoj.gov/21cfr/21usc/

CALIFORNIA LAW

California has a variety of state laws related to the unlawful possession or distribution of illicit drugs and alcohol. In California it is illegal for anyone under the age of 21 to consume, purchase, or possess alcohol. If you violate these laws you may be subject to penalties, which can include fines and suspension of driving privileges.

For more information about California laws and the California Department of Alcoholic Beverage Control, please visit: www.abc.ca.gov/

For information on California DUI penalties, please visit: www.dmv.ca.gov/portal/dmv/detail/pubs/hdbk/actions_aps_court

For information on California alcohol laws related to underage drinking, please visit: https://alcoholpolicy.niaaa.nih.gov/underage-drinking/state-profiles/california/56

For a comprehensive statement of all of California's alcohol laws, please visit: https://www.abc.ca.gov/law-and-policy/abc-act/

CITY OF SAN DIEGO

In addition to Federal and State laws, the City of San Diego has various ordinances related to the unlawful possession or distribution of illicit drugs and alcohol.

For information on the San Diego Municipal Code, please visit: www.sandiego.gov/city-clerk/officialdocs/legisdocs/muni.

For more information about the San Diego Superior Court Standard Sentencing Guidelines, please visit: http://www.sdcourt.ca.gov/portal/page?_pageid=55,1643549&_dad=portal&_schema=PORTAL

3. USD STANDARDS OF CONDUCT:

USD standards of conduct that prohibit the unlawful possession, use, or distribution of illicit drugs and alcohol are outlined in the USD Alcohol and Drug Policy 2.3.1: and in the USD Student Code of Rights and Responsibilities.
The unlawful possession, use, distribution, sale, manufacture or promotion of illegal drugs, drug paraphernalia and alcohol, or willfully being under the influence of illegal drugs, is prohibited while on university property or as part of any university-sponsored or university-funded activity. Notwithstanding any California law regarding the use of marijuana, federal law continues to make marijuana, with or without a prescription, an illegal drug as that term is used in this policy.

Students who possess, use, or distribute illegal or controlled substances (e.g. marijuana, cocaine, methamphetamines, unauthorized prescription medications) are subject to fines, arrest, and imprisonment in accordance with University policies regarding illicit drugs and state and federal laws. Possession, consumption, or sale of beer or wine is only permitted at designated campus locations with prior written approval from the designated representative of the Vice President, Student Affairs.

The University of San Diego has an obligation to uphold the laws of the larger community of which it is a part. While the activities covered by the laws of the larger community and those covered by the University of San Diego's rules may overlap, it is important to note that the community's laws and the University of San Diego's rules operate independently and that they do not substitute for each other.

The University of San Diego may pursue enforcement of its own rules whether or not legal proceedings are underway or in process, and may use information from third party sources, such as, law enforcement agencies, news agencies, social media, and the courts, to determine whether University rules have been broken. Membership in the University community does not exempt anyone from local, state, or federal laws. The University of San Diego has the right, and obligation, to hold students to a higher standard than the law and prohibit behavior that is illegal.

As a member of the USD student community, you are responsible for your behavior and are fully accountable for your actions, both on and off campus. Students who violate these standards of conduct will face conduct proceedings. Sanctions for conduct violations are intended to be developmental in nature. Examples of potential sanctions include: warning, educational sanctions (i.e. classes, reflection papers, individual alcohol and other drug assessments, restorative conferences), fines, loss of privileges, parent notification and university probation. Certain or repeated conduct violations may result in suspension or expulsion from the University.

Additionally, the University will cooperate with governmental authorities in criminal and civil actions.

SMOKING AND TOBACCO FREE CAMPUS

The University prohibits smoking and the use of any smoking or tobacco products at all times on or in any USD-owned or USD-leased property or facility, either indoor or outdoor. Effective August 18, 2015, all USD property is smoking and tobacco free. For more information about the smoking and tobacco free policy, please visit www.sandiego.edu/smokefree/policy.php.

ADDITIONAL POLICIES AND PARENT NOTIFICATION

Residential Life, Athletics, Fraternity and Sorority Life and other programs may have additional policies regarding alcohol and other drugs. Please contact the relevant administrative offices for more information.

In accordance with FERPA 34 C.R.F. & 99.31 and the Higher Education Amendment of 1998, the parent(s) of a student who is under the age of 21 may be notified by a representative from the Office of Student Affairs in connection with the use or possession of alcohol and/or an illegal or controlled substance which is in violation of law or institutional policy.

ENFORCEMENT

The USD Department of Public Safety has the primary responsibility for the enforcement of both federal and state alcohol and drug laws on-campus, including enforcement of state underage drinking laws. The Department of Public Safety strictly enforces federal and state drug laws, which are also a violation of USD Policies and Procedures. Violators are subject to University disciplinary action, criminal prosecution, fine, and imprisonment. For additional information about the Department of Public Safety, please visit www.sandiego.edu/safety.

4. USD DISCIPLINARY SANCTIONS:

The University of San Diego will impose disciplinary sanctions on students for violations of any of the standards set forth in this document (including violations of: federal, state, and local laws; the USD Alcohol and Drug Policy; and the Student Code of Rights and Responsibilities).

For a complete list of the range of possible sanctions, up to and including expulsion, please visit: www.sandiego.edu/conduct/the-code/sanctions.php.

5. ALCOHOL AND OTHER DRUG HEALTH RISKS:

The use and abuse of alcohol and other drugs can cause a number of problematic changes in behavior and physiology. Alcohol or other substance use disorders occur when a person continues their use despite recurrent social, interpersonal, physical, and/or legal consequences. For basic information about the health risks associated with the use of illicit drugs and alcohol abuse, please visit: www.sandiego.edu/health-wellness/resources/drug-health-risks.php.

For additional resources that describe the health risks associated with the use of illicit drugs and alcohol abuse, please visit:

www.drugabuse.gov/drugs-abuse
https://www.dea.gov/drug-information
https://www.niaaa.nih.gov/alcohols-effects-health/alcohols-effects-body
rethinkingdrinking.niaaa.nih.gov

If you would like to review the USD Alcohol and Drug Policy (2.3.1) and resources letter sent to our staff and faculty, these documents can be found on the HR website (www.sandiego.edu/hr) under "USD Policies".

USD is committed to upholding the alcohol and other drug policies outlined in the USD Student Code of Rights and Responsibilities. These policies, combined with alcohol and other drug prevention programs, intervention resources and environmental management strategies, contribute greatly to the overall wellness and safety of both the individual student and the greater USD community.

Sincerely,

Nicole Whitner, Ed.D. (she/her/hers)
Assistant Vice President and Dean Of Students

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Assistant Vice President for Student Wellness