

A GUIDE TO

UNIVERSITY ALCOHOL & DRUG POLICIES

The UMass Amherst community is a campus community of care, compassion, connection, and responsible decision-making to ensure the health and safety of self and others. Alcohol and other drugs can negatively influence academic success and personal well-being, and it is important to understand the policies and regulations concerning use both on- and off-campus. This guide provides resources for getting support or help for you or a friend and outlines your rights and responsibilities related to alcohol and other drugs.



DID YOU KNOW? ALL UMASS STUDENTS ARE RESPONSIBLE FOR ADHERING TO THE ALCOHOL AND DRUG POLICIES AS OUTLINED IN THE CODE OF STUDENT CONDUCT, THE RESIDENCE HALL COMMUNITY STANDARDS, THE CAMPUS ALCOHOLIC BEVERAGE POLICY, AND POLICIES ESTABLISHED BY OTHER UNIVERSITY ADMINISTRATIVE AREAS. STUDENTS ARE ALSO EXPECTED TO COMPLY WITH FEDERAL, STATE, AND LOCAL LAWS WHILE ON- AND OFF-CAMPUS.



KNOW YOUR SUPPORT RESOURCES

Drinking can negatively affect academic performance. The academic effects of binge drinking can continue up to 8 months afterward. UMass students report negative consequences as a result of alcohol consumption, such as missing classes or being socially embarrassed by something they did or said.

Whether or not you choose to drink or use drugs, alcohol and other drug use can influence your college experience. Other people's drinking can also result in negative consequences for their community such as interrupted sleep or study time, property damage, and other negative experiences.

If you or a friend need advice, support, or help, there are many campus resources:

- BASICS **(413) 577-5188**
- Fresh & Sober **(413) 577-5188**
- Center for Health Promotion **(413) 577-5181**
- Collegiate Recovery Drop-in Center **(413) 577-5188**
- Center for Counseling and Psychological Health **(413) 545-2337**
- Dean of Students Office Case Managers **(413) 545-2684**
- University Health Services **(413) 577-5000**

Fun Event Alternatives

Your Student Activities Fee supports over 200 registered student organizations. RSOs provide hundreds of student events every year that do not include alcohol. From craft workshops to community cookouts to interfaith volunteering to cultural shows, UMass Amherst offers a variety of fun and fulfilling alternatives to the "parties" on- and off-campus. Enjoy your college experience while being safe!

umassamherst.campuslabs.com/engage/events

MANAGING STRESS

Some people use alcohol or drugs in an attempt to manage stress. Healthier ways for self-care when stressed include:

- Making time in your schedule for exercise. Try visiting the Rec Center for workout, fitness classes, running or walking on the track, swimming, or intramural sports.
umass.edu/campusrec
- Drop in and talk it out with a counselor at a Let's Talk session to find support and get recommendations.
umass.edu/counseling/services/lets-talk
- Learn to manage stress and anxiety at a Stress GPS workshop at the Center for Counseling and Psychological Health (CCPH).
umass.edu/counseling
- Visit the Learning Resource Center or your academic advisor to help find strategies to cope with stressful coursework.
umass.edu/lrc
umass.edu/gateway/academics/advising
- Try meditation at Campus Center or yoga at the Newman Center.
umass.edu/orsl/programs/meditation
newmassyoga.com
- Pause during your day to sit quietly in a peaceful spot or take a 20-minute nap.
umass.edu/studentlife/contemplative-spaces
- Download a mood or well-being app.
umass.edu/counseling/resources/apps
- Use Single Stop Resources to find help with personal, financial, or family life challenges.
umass.edu/studentlife/single-stop
- Find community and make campus connections by joining a student group
umass.edu/living/fy-making-connections
- Take a break and go to a campus event or use the Weekend Events email to plan some weekend fun.
umass.edu/events

RECOGNIZING SIGNS OF ALCOHOL AND/OR DRUG INTOXICATION OR OVERDOSE

Alcohol poisoning or drug overdose is a **medical emergency**.

Know the signs and **immediately** call for help!

Call **911** or UMPD at **545-3111**.

- Unconsciousness (person cannot be woken)
- Excessive vomiting
- Vomiting while passed out
- Slow or irregular breathing
- Seizures
- Changes in skin color/tone (e.g. blue, ashy, very red)
- Disorientation or confusion
- Strange, erratic, or aggressive behavior
- Hallucinations, delusions, or extreme paranoia



MINUTES MATTER: UMASS AMHERST MEDICAL AMNESTY POLICY

Even a small delay in getting help can have deadly consequences. UMass Amherst has a Medical Amnesty Policy* that prevents you and your friend from being charged with a Code of Student Conduct violation if you seek help in an alcohol or drug related emergency.



**The Medical Amnesty Policy does not cover action by police or other law enforcement personnel or student conduct actions for other violations. Serious or repeated incidents are a serious health and safety concern that may trigger a review under the student conduct process.*

ALCOHOLIC BEVERAGE POLICY

All members of the campus community (including individuals, groups, visitors, and alumni) are responsible for following the university's Alcoholic Beverage Policy. This policy promotes attitudes and behaviors towards alcohol use, on- and off-campus, that are consistent with an atmosphere of civility, and discourages alcohol-related behavior which is abusive to oneself or to others, within the confines of preserving the civil rights of all.

- **II.C.2.:** Damage to or destruction of property, or injury to person(s) which is caused by or can be shown to be related to the consumption of alcohol will be subject to disciplinary action. The association of alcohol with problem behavior shall not be seen as a mitigating factor in the disciplinary process.
- **II.C.6.:** Members of the University community who host social events in areas under jurisdiction of the University in the Amherst campus area are responsible for the alcohol related behavior of their guests.
- **II.G.2.:** Open containers are not permitted in public spaces on campus except at duly authorized events/licensed events.
- **II.H.:** Possession, sale, or use of alcoholic beverages at outdoor events held in Areas under the Jurisdiction of the University are prohibited, (except with the approval of the Chancellor).
- **II.I:** Social events which encourage drinking or drunkenness as themes, and the advertisement of such events, are considered inappropriate and will not be permitted.

Hazing

Did you know that forcing someone to consume any food, liquor, beverage, drug, or other substance is considered hazing? Hazing is a serious crime. If you haze, you can be arrested, face fines and even go to jail.

umass.edu/dean_students/campus-policies/hazing

DRUG POLICIES

The University Drug Policy is in accordance with Massachusetts General Law, Chapter 94C, Section 31 et seq. Under the Policy, the following are prohibited:

- **V.B.4.d: *Controlled Substances*:** Unlawful manufacture, distribution, dispensing, possession, use or sale of or the attempted manufacture, distribution, dispensing, or sale of controlled substances identified in Federal or State law or regulation or being unable to exercise care for one's own safety because one is under the influence of controlled substances. This provision shall not apply to circumstances in which the person under the influence was given a controlled substance without her or his knowledge.
- **V.B.4.e:** Possession of Drug Paraphernalia as identified in Federal or State law or regulation; this includes objects used or primarily intended for use or designed for use in ingesting, inhaling, or otherwise introducing marijuana, cocaine, hashish, or hashish oil into the human body, including but not limited to pipes, water pipes, bongs, roach clips, and vials. Determination of whether an item is drug paraphernalia will be made by considering all relevant facts, including but not limited to, the proximity of the item to controlled substances.
- **V.B.4.f: *Possession of Hypodermic Instrument(s)*:** The unauthorized possession of a hypodermic syringe, hypodermic needle, or any instrument adapted for the administration of controlled substances by injection.

Marijuana-Free Campus

Massachusetts legalized recreational marijuana use for people over the age of 21, but did you know that **you may not use or possess marijuana or marijuana paraphernalia in any form anywhere on University of Massachusetts Amherst property?** This means no vaporizers, no edibles, and no smoking.

THE CODE OF STUDENT CONDUCT

Whether they are on- or off-campus, all UMass Amherst undergraduate and graduate students are subject to the Code of Student Conduct:

- **V.B.4.a: *Distribution or Sale of Alcohol*:** The manufacture, distribution, dispensing or sale of, or the attempted manufacture, distribution, dispensing of alcohol which is unlawful or otherwise prohibited by or not in compliance with any University policy or campus regulations or being unable to exercise care for one's own safety because one is under the influence of alcohol. This provision shall not apply to circumstances in which the person under the influence was given alcohol without her or his knowledge and permission or if a referral meets the requirements as outlined in the University's Medical Amnesty policy.
- **V.B.4.b: *Unlawful Possession or Use*:** The possession or use of alcohol which is unlawful or otherwise prohibited by or not in compliance with any University policy or campus regulations.
- **V.B.4.c: *Self Safety*:** Being unable to exercise care for one's own safety because one is under the influence of alcohol. This provision shall not apply to circumstances in which the person under the influence was given alcohol without her or his knowledge and permission or if a referral meets the requirements as outlined in the University's Medical Amnesty policy.

Residence Hall Community Standards

Students who live on-campus are subject to the following Community Standards related to alcohol:

- No person under 21 years of age may possess, use, be under the influence, or be in the presence of alcohol.
- When any student assigned to a shared room (double, triple, quad, double within a suite/apartment) is under 21 years of age, no student (including 21+ year old resident(s) assigned to that space) may possess, use, or store alcohol within that student room.

- Providing alcohol beverages to a person under the age of 21, whether gratuitously or for sale, is not allowed.
- A resident of legal age living in a University residence hall or floor where alcohol is permitted may possess or store a maximum of twelve (12oz) bottles/cans of beer, or two (750ml) bottles of wine, or one (750ml) bottle of hard liquor.
- No guest is allowed to transport alcohol into any residence hall buildings regardless of their age. Only a resident, at least 21 years old, may bring alcohol into a hall in which alcohol is permitted.
- No more than 10 people are allowed in a residence hall room in which alcohol is present. In suites and apartments (North Apartments, Elm, Linden, Birch, Maple, Cashin, McNamara, Brown) no more than 14 people are allowed in spaces within these halls.
- Quantity-dispensing containers including, but not limited to, kegs, beer balls, punch bowls, drinking funnels, taps, and ice luges are not permitted in residence halls.
- Drinking games (including the simulation of drinking games) or other activities involving rapid and/or excessive alcohol consumption are not allowed.
- Open alcoholic beverage containers (including cups, bottles, or cans) are not allowed in any common space, including common corridors, stairwells, bathrooms, kitchens, balconies, and lounges.
- Possession of alcoholic containers for decorative purposes is not allowed.
- Alcohol is not allowed in alcohol-free halls or floors, such as wellness floors, regardless of one's age. Residential Life will determine areas designated as alcohol-free.



10 Laws YOU SHOULD KNOW

1



Serving minors = criminal offense.

Up to \$2000 in fines and/or one year in prison.

2



Open container = public drinking, under 21 arrested, jailed, fined and more.

3



Fake ID = criminal offense.

Up to \$500 in fines and 3 months in prison.

4

Social host = criminal offense.

Up to \$2000 in fines and/or one year in prison plus potential civil suit.



5

Disorderly conduct = criminal offense.

Up to \$2000 in fines or six months in prison.

6

Unlawful noise = \$300 fine

Excessive noise (including loud music and yelling) is illegal.



7

Illegal keg = \$300 fine

Get a keg permit from your local Police Department.

8

Nuisance house = \$300 fine

Your rowdy party can cost you your housing, cash, and more



9

Operating Under the Influence =

suspended license, big fines, high insurance rates, and more.

10

Failure to disperse =

If the police order you to leave, do it immediately or you can be arrested.

Please be a safe, responsible, and respectful neighbor.

Amherst Police Department
(413) 259-3000 • amherstpd.org
Hadley Police Department
(413) 584-0883 • hadleyma.org



Emergency:
Call 911

VIOLATIONS OF THE ALCOHOL AND DRUG POLICIES

Students found in violation of state, local or federal law, University policies, or engaging in misconduct related to the abuse of alcohol, will be subjected to University disciplinary action whether the incident happened on- or off-campus. Students may be accountable to both civil authorities and to the University for acts which constitute violations of law and University's Policies.

If a student is found responsible for violating University policies, they will receive University sanctions (e.g., Reprimand, Probation, Suspension Deferred, or Suspension) and educational sanctions (e.g., BASICS). The parent(s) or legal guardian(s) of dependent students under 21 will be notified if a student violates the drug or alcohol policy.

Severe violations may lead to a separation from the University (i.e., Suspension or Expulsion). Examples of severe sanctions are as follows:

- Operating under the influence
- Repeatedly violating the alcohol and/or drug policies
- Selling or distributing alcohol or drugs
- Incidents influenced by alcohol and/or drugs (e.g., trespassing on property, vandalizing property, theft, destructing property, or violent acts)



GET HELP

If alcohol or drug use is impacting you or someone you know, learn how to recognize the signs and where to go for help.

Campus Resources



UMatter at UMass: umass.edu/umatter

BASICS: (413) 577-5188 • umass.edu/studentlife/basics

Center for Health Promotion: (413) 577-5181 • umass.edu/studentlife/chp

Center for Counseling & Psychological Health:

(413) 545-2337 • umass.edu/counseling

University Health Services: (413) 577-5000 • umass.edu/uhs

Dean of Students Office: (413) 545-2684 • umass.edu/dean_students

Fresh & Sober: (413) 577-5188 • umass.edu/studentlife/health/fresh-and-sober

Collegiate Recovery Communities:

(413) 577-5188 • umass.edu/studentlife/health/recovery

University of Massachusetts Police Department (UMPD):

(413) 545-2121 • umass.edu/umpd/alcohol-and-drug-policies

Off-Campus Resources

Alcoholics Anonymous, Western Mass: (413) 532-2111 • westernmassaa.org

Narcotics Anonymous, Western Mass: (866) 624-3578 • wmacna.org

Al-Anon/Alateen: (508) 366-0556 • al-anon.org

MA Substance Abuse information & Education Helpline:

(800) 327-5050 • helpline-online.com

Hampshire, Franklin, North Quabbin Resource Guide: bit.ly/2b0CwWn

Hampshire Hope: hampshirehope.org