



2025

**Drug and Alcohol Abuse Prevention
Program Report**

Appalachian
STATE UNIVERSITY

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Annual Notification

Appalachian State University (App State or university) is committed to fostering a safe, healthy, and informed campus environment. As part of that commitment, the University provides this annual *Drug and Alcohol Misuse Prevention Program (DAAPP) Report* to all enrolled students and employees. This report serves as a centralized resource outlining key expectations, support services, and health and safety information related to alcohol and other drug use (AOD).

By distributing this report each year, the University fulfills its federal obligations under the [Drug-Free Schools and Communities Act \(DFSCA\)](#) and reinforces its commitment to transparency and harm reduction.

The DAAPP Report is distributed electronically via University email to all enrolled students and current employees. New students receive the report upon registration, and new employees are informed during new employee onboarding. The report is publicly accessible online on App State's Clery Safety website, section [Public Reports & Logs](#).

For assistance in accessing the DAAPP Report or to request the information in an alternative format, individuals may contact:

- [Office of Access and Opportunity: Disability Resources](#): 828-262-3056 or visit Suite 112, Anne Belk Hall, 224 Joyce Lawrence Lane, Appalachian State University, Boone, NC 28608.

The Office of Access & Opportunity: Equal Opportunity (Equal Opportunity) oversees [DAAPP compliance](#) at the university. If you have questions regarding DAAPP, the DAAPP Report, or would like to see historical DAAPP Reports, please contact:

- [Office of Access and Opportunity: Equal Opportunity](#): 828-262-2144 or visit 123, I.G. Greer Hall, Appalachian State University, 401 Academy St, Boone, NC 28608.

DAAPP Compliance at App State

Maintaining compliance with federal requirements involves more than just issuing a report; it calls for a sustained, campus-wide effort. The university's DAAPP functions through collaboration between departments that manage employee and student wellness, legal compliance, conduct and employee training. Stakeholders include [Wellness and Prevention Services \(WPS\)](#), [Counseling and Psychological Services](#), [Office of the Dean of Students](#), [Office of Student Conduct and Academic Integrity](#) (Student Conduct), [Office of Human Resources](#), [Fraternity and Sorority Life](#), [Academic Affairs](#), [Equal Opportunity](#), [University Housing](#), [Case Management](#), [Office of Compliance and Ethics](#), [Environmental Health, Safety and Emergency Management \(EHS&EM\)](#), [Athletics](#), and the [Appalachian State University Police Department](#) (App State Police), among many others.

Biennial Review Notice

The university conducts a review of its DAAPP every two years in accordance with the DFSCA. The most recent review was completed in 2024; the next will occur in 2026. The review evaluates the effectiveness of prevention efforts, identifies opportunities for improvement and ensures consistent enforcement of

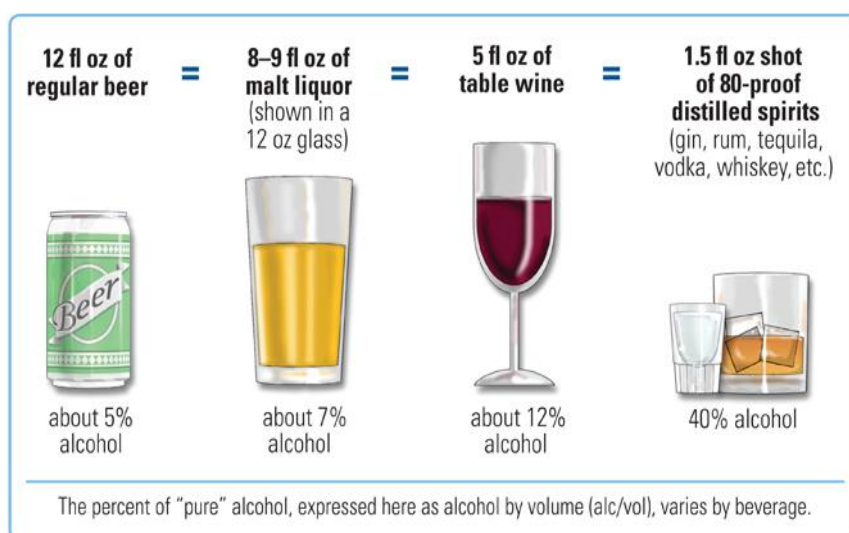
disciplinary sanctions. Findings from the most recent review help inform the goals and strategies outlined in this report.

Substance Use Risks: Trends and Campus Impact

Substance use remains a pressing public health issue affecting colleges and universities nationwide. Patterns observed in recent years highlight national concerns and specific behaviors impacting campus communities. While many students make responsible choices, the misuse of alcohol, cannabis (including synthetics) and illicit drugs continues to result in preventable harms. This section integrates campus trends with current peer-reviewed research to support informed prevention strategies and policy planning.

Alcohol

Alcohol is the most misused substance among college students and its physiological and behavioral effects vary based on numerous individual and contextual factors. Students often underestimate the potency of drinks or misjudge serving sizes, which can result in acute intoxication, memory loss or unintentional injuries. In many instances, symptoms mistaken for being unknowingly drugged may stem from alcohol overconsumption.



Several factors influence how alcohol is absorbed and metabolized in the body, including food intake, body composition, beverage type and rate of consumption. For example, drinking on an empty stomach leads to faster absorption, while carbonated beverages increase the rate at which alcohol enters the bloodstream. Due to physiological differences, individuals with lower body mass generally reach higher blood alcohol concentrations (BAC) more quickly.

While some observational studies have suggested that low levels of alcohol consumption might offer limited cardiovascular benefits, a broad and growing body of peer-reviewed research demonstrates that any potential benefits are outweighed by the risks when consumption increases. Chronic alcohol use is strongly linked to liver disease (such as cirrhosis and alcoholic hepatitis), various types of cancer (including esophageal, liver, breast and colorectal), and mental health disorders like depression, anxiety and increased risk of dementia in older adults (Rehm et al., 2011; Griswold et al., 2018). Additionally, excessive alcohol consumption among college-aged individuals is associated with higher rates of accidents, disrupted academic performance and interpersonal conflict (Szalavitz, 2012; Ansari et al., 2013).

To improve risk awareness, students are encouraged to use tools such as the *National Institute on Alcohol Abuse and Alcoholism's* ([NIAAA interactive BAC Calculator and standard drink guides](#)). These tools help estimate how alcohol affects the body based on real-time inputs.

BAC (%)	Behavioral Effects	Impairment
0.02-0.03	Mild euphoria/relaxation	Slight impairment of judgment
0.05-0.08	Impaired judgment/coordination	Reduced reaction time, legal intoxication in NC
0.10-0.15	Major motor and speech impairment	Major impairment of motor control and blackout
>0.30	Loss of consciousness, risk of coma	Potentially fatal respiratory depression

For more information on the effects of alcohol on the body, the *National Institute on Alcohol Misuse and Alcoholism* has comprehensive research-based information related to alcohol consumption among college students at [College Drinking Prevention](#).

Cannabis and Delta Products

Cannabis and Delta-derived tetrahydrocannabinol (THC) products are among the most used substances by students. While often perceived as less harmful than other drugs, both substances carry potential health risks, particularly when used frequently or in combination with other substances such as alcohol.

- In 2023, an estimated 15.4% of people in the U.S. aged 12 or older reported using marijuana in the last month, with the largest group being 18- to 25-year-olds (25.2%) (Frantz, 2024).
- Also in 2023, 10.4% of young adults (19-30 years old) reported daily or almost daily use (Patrick et al., 2024, p. 27).

Cannabis

Cannabis use activates the brain's cannabinoid receptors, producing psychoactive effects primarily through THC.

- Short-term effects may include changes in mood, impaired memory and concentration, slower reaction times and reduced coordination. Some individuals may experience anxiety, paranoia or acute panic (National Institute on Drug Abuse, 2024).
- Frequent or early use has been associated with long-term cognitive effects such as decreased motivation, learning difficulties and disruptions to memory and executive function (National Institute on Drug Abuse, 2024).
- Potency matters. Studies indicate that the average THC concentration in cannabis has increased more than threefold — from around 4% in 1995 to nearly 14% by 2019, contributing to a greater risk of adverse psychological and cognitive effects (EISOHLY et al., 2021).

THC Concentration	Common Forms	Potential Risks
<10%	Herbal cannabis, low-potency edibles	Milder psychoactive effects, lower risk of acute anxiety

10-20%	Higher-potency cannabis, most edibles	Increased risk of psychosis, cognitive impairment
>20%	Concentrates, oils, waxes	High risk of severe psychological effects, including hallucinations and paranoia

The Deltas and THC-A Products

Delta products are chemically similar to THC but are often synthesized from hemp-derived compounds. While marketed as milder alternatives to traditional cannabis, their health impacts are not well studied and may vary widely.

- Health risks reported in observational and clinical settings include sedation, disorientation, anxiety, numbness, fast heart rate, low blood pressure, vomiting, loss of consciousness and, in some cases, hallucinations (Sreenivas, 2025). These effects are more pronounced when high-potency Delta products (such as those rich in Delta-9 THC) are consumed in large quantities or alongside alcohol. Research has found that adolescents who use high-potency cannabis have significantly higher rates of cannabis use problems, tobacco dependence, use of other illicit drugs and alcohol use disorder compared to those who use lower-potency cannabis (Hines, 2020).
- Research on Delta-8 is limited, so its long-term effects are unknown. However, studies on Delta-9 THC suggest that extended marijuana use can lead to reduced IQ, slower cognitive processing and memory issues. A small study identified harmful additives like lead and mercury in certain Delta-8 vape oils, raising concerns about potential long-term risks (Sreenivas, 2025).
- Lack of regulation leads to inconsistent product strength, formulation and contamination, increasing the unpredictability of effects (U.S. Food & Drug Administration, 2022).

Category	Details	Effects and Risks
Legal Status	Legally available in many regions due to their ambiguous classification under current regulations.	False sense of security; users may underestimate the potential dangers.
Common Synthetic Cannabinoids	Delta 8, Delta 9, Delta 10, Delta 11.	Similar to cannabis-derived THC, but often more potent and unpredictable.
Variability in Potency	Inconsistent potency across products increases the risk of accidental overdose, potentially leading to severe mental and physical reactions.	Overdose risk can result in severe psychosis, intense paranoia, hallucinations, seizures or cardiac events.

Health Risks	Severe psychosis, intense paranoia, hallucinations and extreme anxiety. Life-threatening physical reactions such as seizures and cardiac events. Long-term effects on cognitive function, mental health and overall well-being are poorly understood.	Mental health issues: long-term use can lead to anxiety, depression and cognitive impairment. Physical health risks: risk of death from seizures, heart attacks or respiratory failure. Unknown long-term effects: potential for lasting damage to brain function and mental health.
Regulatory Gaps	Lack of stringent regulation means products are not consistently tested for safety, purity or potency, creating a false sense of consumer security.	Health hazards: consumers are at risk of exposure to unsafe or harmful substances without knowing it.

Cannabis and Delta Edibles and Beverages

When considering the use of cannabis and Delta products, particularly in the form of edibles or beverages, it is essential to recognize the associated risks. Unlike smoking, which allows for more immediate control over dosage, edibles can lead to unpredictable effects due to delayed onset.

One significant concern is the potential for overconsumption. Users may inadvertently ingest more than intended, which can result in various acute risks that can greatly impact well-being. Cognitive and motor impairments are common, as THC can negatively affect memory, attention and decision-making, as well as coordination and motor skills. This impairment can increase the likelihood of accidents and falls.

Overconsumption can also trigger or exacerbate anxiety, leading to panic attacks and heightened feelings of paranoia. In high doses, THC has the potential to induce psychotic symptoms, such as hallucinations and delusions, which can be alarming and distressing (Centers for Disease Control and Prevention, 2021).

There has been an increase in cases of cannabinoid hyperemesis syndrome (CHS), which is strongly linked to frequent and prolonged cannabis use. CHS “is an enigmatic constellation of signs and symptoms comprising nausea, vomiting, abdominal pain and unusual hot bathing behavior in the context of heavy and chronic exposure to THC” (Russo et al., 2022, p. 336 and Nourbakhsh et al., 2019).

Because of these risks, it is crucial for users to be cautious when approaching cannabis and Delta products. Understanding personal tolerance, doses and legal regulation, and allowing sufficient time to gauge effects can help mitigate potential adverse outcomes.

Cocaine and Stimulants

Stimulants, including cocaine and prescription medications such as Adderall and Ritalin (when used outside of medical guidance), are associated with increased physiological and psychological stress. These substances stimulate the central nervous system, resulting in elevated heart rate, increased alertness and reduced need for sleep. When used in combination with other substances, particularly alcohol, they can heighten the risk of adverse outcomes (Ashok et al., 2017).

According to Walker and the American Addiction Centers (2025), the potential health effects include:

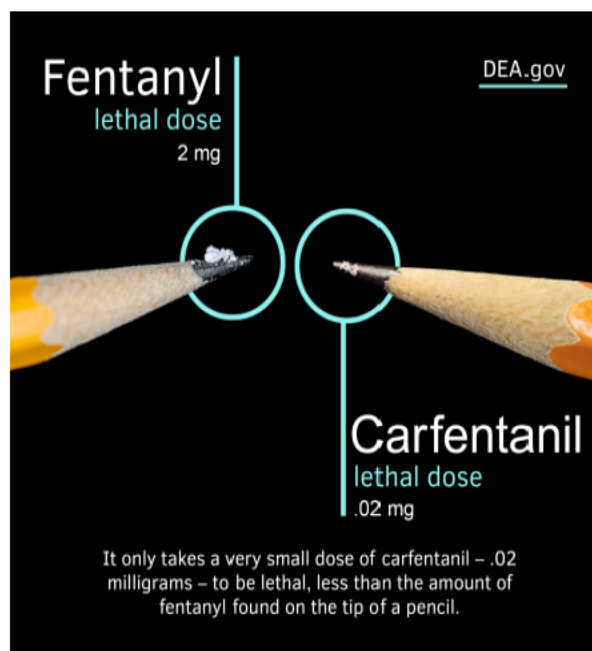
- Cardiovascular complications such as elevated blood pressure, irregular heartbeat and increased risk of heart attack or stroke.
- Neurological symptoms, including tremors, seizures or overstimulation.
- Psychological responses such as anxiety, restlessness or paranoia.
- Risk of developing substance use disorders with prolonged or high-intensity use.

Consistent with national trends in college populations, stimulant use is observed among students in a variety of settings. Prevention and education efforts at App State focus on equipping students with accurate information about stimulant effects, reducing polysubstance risks and encouraging informed decision-making.

Stimulant Type	Common Effects	Long-Term Risks
Cocaine	Euphoria, increased energy	Cardiovascular, addiction and nasal damage
Methamphetamine	Euphoria, increased alertness	Severe dental issues, skin sores and addiction
Prescriptions	Increased focus, alertness	Risk of heart problems, high addiction

Fentanyl and Synthetic Opioids

Illicit fentanyl has become a dominant factor in overdose deaths nationwide. Its extreme potency and frequent presence in counterfeit pills and contaminated powders pose substantial danger, especially for individuals unaware of its inclusion (National Institute on Drug Abuse, 2025). Even trace amounts may result in respiratory arrest and death. Fentanyl-related substances, including Carfentanil (which is significantly more potent), amplify these risks.



Though not currently prevalent in campus-reported data, unintentional exposure through contaminated substances remains a credible risk. Over the past two decades, synthetic opioids have increased the threat of the ongoing opioid epidemic. Nearly 70% of all drug poisonings and overdose deaths in 2023 involved synthetic opioids, primarily fentanyl (United States Drug Enforcement Administration, 2025).

Drug Name	Brand Names	Potency	Risk Factors
Oxycodone	OxyContin, Percocet	High	High risk of addiction, overdose
Hydrocodone	Vicodin, Norco	Moderate	Dependence, respiratory depression
Morphine	MS Contin, Kadian	High	High potential for misuse
Fentanyl	Duragesic, Actiq	Extremely High	Overdose, especially when misused
Carfentanil	Wildnil	Extremely High	Overdose, especially when misused

Hallucinogens and Designer Substances: Psychological and Physiological

Hallucinogens are a class of substances that significantly alter perception, mood and cognitive processes (Raj et al., 2023). Commonly used hallucinogens include lysergic acid diethylamide (LSD), psilocybin (magic mushrooms) and mescaline-containing plants such as peyote. These substances affect serotonin receptors in the brain, leading to visual and auditory hallucinations, an altered sense of time and shifts in mood or thought patterns.

Effects may include distorted sensory perception, disorientation or impaired judgment, acute anxiety, paranoia or panic, or Hallucinogen Persisting Perception Disorder (HPPD) in rare cases (Martinotti, 2018).

Class	Effects	Risks
Synthetic Opioid	Pain relief, euphoria, sedation	Respiratory arrest, respiratory depression, overdose, death
Synthetic Cannabinoid	Psychoactive effects	Acute psychosis, seizures, cardiac events
Synthetic Cathinone	Stimulant effects, increased energy	Paranoia, hyperthermia, death
Novel Benzodiazepine	Sedation, anxiolysis	Dependence, overdose, withdrawal
Designer Hallucinogen	Hallucinations, altered perception	Severe agitation, hypertension, death

While hallucinogens are generally not associated with physical dependence, the psychological effects can be intense and unpredictable, especially in unfamiliar or high-stress environments.

Polysubstance Use

A particularly dangerous pattern observed on campus is the combination of multiple substances, often alcohol with stimulants, opioids or cannabis. Polysubstance use intensifies the physiological burden on the body and reduces the margin for safe intervention. According to the [Substance Abuse and Mental Health Services Administration's \(SAMHSA, 2022\) National Survey on Drug Use and Health](#), young adults engaging in this behavior face a significantly higher risk of emergency department visits and long-term complications.

AOD Education, Prevention and Support Programs

A variety of services aimed at education, prevention, intervention and recovery support for those affected by AOD use are available. These programs are accessible to both students and employees.

App State Student Education, Prevention and Support Programs

App State Police Alcohol and Drug Awareness Programs

App State Police offers comprehensive awareness [programs on AOD misuse](#). These sessions cover critical topics such as underage drinking, binge drinking and drug safety. The sessions also address the effects of substance use on health and the legal implications both on and off campus.

App State Athletic Resource



App State student-athletes are dedicated individuals striving for excellence in both their sports and academics. Research from the National Collegiate Athletic Association (NCAA) indicates that student-athletes generally report lower rates of substance use compared to the overall student population. While some individual athletes may face challenges with substance abuse due to various factors, including the pressures of performance and competition, the data consistently show that NCAA athletes, as a group, demonstrate lower rates of use across different substances (Johnson, 2024).

Mandatory substance misuse education focuses on the specific challenges student-athletes face, such as the risks of performance-enhancing drugs, the impact of alcohol on athletic performance and the broader consequences of substance misuse.

App State's collaborative support networks connect athletes with coaches, wellness services and counseling centers, offering a holistic approach to student-athletes health. Drug testing protocols through

the university and NCAA governance are designed to ensure compliance and provide education and resources that help athletes make informed and healthy choices.

Educational Initiatives and Support Services

App State Athletics emphasizes education and prevention as critical components of its substance use policies. The department offers a range of educational programs and support services to help student-athletes make informed decisions and maintain healthy lifestyles.

- [Substance Misuse Education](#) — The Athletics Department, in collaboration with WPS, provides educational sessions for all student-athletes during the preseason team meeting. These sessions cover topics such as the risks of substance misuse, NCAA regulations, and the importance of maintaining a drug-free lifestyle.
- [Counseling and Support \(CAPS\)](#) — Student-athletes can access CAPS and [App State Sport Psychology Services](#). Sport Psychology Services has two full-time clinical sport psychologists who are fully dedicated to the health and well-being of athletes and who regularly help with substance-related issues.
- [Rehabilitation Services](#) — For student-athletes struggling with substance use disorders, the university offers referrals to specialized treatment programs. These may include inpatient and outpatient rehabilitation services, support groups and ongoing counseling.
- [Nutrition and Wellness](#) — The Athletics Department promotes overall wellness through nutrition and fitness programs. Student-athletes receive guidance on maintaining a balanced diet, proper hydration and safe supplementation practices.

Brief Alcohol Screening and Intervention for College Students (BASICS)

[BASICS](#) is a program housed in WPS designed to provide individualized feedback and counseling to students regarding their alcohol and substance use. It includes a confidential session with a trained counselor, during which students receive a personalized feedback report. BASICS aims to help students develop strategies for a safer, healthier and less risky lifestyle, enhancing their academic success and personal well-being.

College Student Success Programs

App State's [TRIO Student Support Services](#), [Murray Family ACCESS Scholarship Program](#) and other supportive programs emphasize prevention and wellness. These programs provide workshops, resources and personalized support, with areas of focus within the program to address substance misuse prevention, mental health and the development of healthy habits and coping strategies.

First-Year Students

The transition to college life often brings new freedoms, responsibilities and social environments, which can sometimes lead to risky behaviors, including substance use. To help first-year students navigate these changes, App State offers a comprehensive range of programs from the moment they join the university community.

- App State offers courses like [College Success Seminar](#) (University Studies 1001 US 1001) and [First Year Seminars 1200](#), which are specifically designed to help first-year and transfer students

transition smoothly into college life. These courses equip students with essential tools and knowledge to succeed academically and personally. The curriculum often covers critical topics such as time management, study skills and wellness, specifically discussing substance misuse prevention, mental health awareness and healthy lifestyle choices.

- All new incoming students must complete the itMatters online modules, which cover topics like managing stress, supporting mental well-being, sleep wellness, alcohol use, sexual violence prevention and hazing. During Welcome Week, App State holds interactive workshops reinforcing healthy decision-making and introducing students to support services.

Fraternity and Sorority Life Resources

Mission Statement

[The Office of Fraternity and Sorority Life](#) has a mission to “commit to facilitating transformational student experiences by creating a vibrant student life community where all students feel valued, connected and successful. Fraternity and Sorority Life exists to support App State’s organizations in creating a membership experience that is safe, encourages growth and accountability and supports the development of each student.”

Fraternity and Sorority Life is integral to the App State community, offering students leadership, service and social engagement opportunities. However, the social nature of Fraternity and Sorority Life can sometimes increase the risk of substance use.

- App State has implemented training programs for all fraternity and sorority members, focusing on responsible alcohol use, the dangers of illegal drugs and how to host safe and sober events.

In Fraternity and Sorority Life, the leadership roles (president, vice president and risk management chair) of fraternities engage in overdose prevention and response training. In recent years, the Interfraternity Council (IFC) has headed up this mandatory training, which WPS facilitates each spring prior to spring break. Fraternities have consistently been engaged yearly and sororities have engaged within the past two years.

It Matters Modules



The [ItMatters Modules](#) at App State are online educational programs designed to provide students with essential information on topics like substance use, sexual assault prevention and mental health. These modules promote a safe and healthy campus environment by educating students about risks, resources and strategies for making informed decisions.

Non-Traditional Students

App State recognizes that non-traditional students, including veterans and online learners, have unique needs when it comes to accessing drug and alcohol prevention resources. App State is committed to ensuring that these students receive the same support and information as those on the Boone campus.

Veterans

App State offers tailored resources for veterans that acknowledge their unique experiences, including stress and trauma-related challenges. Resource assistance is through [Student Veteran Services](#), which assists with referrals to support services, confidential counseling and access to substance misuse prevention programs.

Hickory Campus and Leon Levine Hall of Health Services

Students at the Hickory Campus and Leon Levine Hall of Health Sciences have full access to the same DAAPP resources as those on the Boone campus. Additional support services are available locally to ensure students can fully participate in prevention programs and access help when needed. The university coordinates efforts to ensure that all educational materials, workshops and support services are available to the campus community in person or through virtual sessions.

Online Students

The DAAPP provides resources and support through digital platforms. Educational materials, counseling services and peer support programs are accessible online, ensuring distance learners can engage with prevention programs regardless of physical location. The university also offers virtual workshops and webinars tailored to the needs of online students, providing them with the tools and information necessary to make informed decisions about substance use.

Orientation and Training Programs

All incoming students and new employees must attend orientation sessions that include information on the University's policies regarding alcohol and drug use. These sessions cover the health risks associated with substance misuse, legal consequences and available resources for support and treatment.

Additionally, specialized training programs are provided for resident assistants, student orientation leaders, faculty and staff to equip them with the skills to identify and address substance-related issues. Furthermore, all new employees must confirm that they have read and thoroughly discussed with their manager how it relates to their role and agree to comply with University Policy 106 Drugs and Alcohol.

Peer Education Programs

At App State empowers students to support each other through the [WECARE](#) (*Wellness Educators Creating Awareness and Responsibility through Education*) program, a key initiative for promoting a healthy, drug-free campus. WECARE trains students to become wellness educators, leading workshops, seminars and outreach activities focused on substance misuse prevention and mental health. These student-led efforts, including social media campaigns and awareness events, make substance misuse prevention a vital part of campus life.

Wellness and Prevention Services

App State's [Wellness and Prevention Services](#) (WPS) office offers a range of interactive workshops, seminars and outreach programs designed to educate students about healthy behaviors and the risks of substance misuse. The programs feature interactive activities, guest speakers and peer education initiatives. Notable events include Alcohol Awareness Week, National Drug and Alcohol Facts Week and Safe Spring Break programming.



Mountaineer Recovery Community (MRC) — The [MRC](#) is a welcoming space for students who are in recovery, wish to be in recovery or want to support others on their recovery journey. The MRC Lounge is open to students from 9–5 p.m., except during specific group meeting times. MRC's mission is to prevent relapses, promote autonomy and enhance academic success among its members.

Mountaineer Recovery Community Ally Training — WPS trains students, faculty and staff to be allies for individuals in recovery from addiction. The training includes understanding substance use challenges, offering support and promoting an inclusive and supportive environment for those in recovery. As of 2025, WPS shifted to facilitating an updated version of

Overdose Prevention training that incorporated topics from Ally Training, making the training more comprehensive.

Overdose Prevention — WPS provides [Overdose Prevention](#) resources on campus, including test strips, Naloxone resources and education on how to prevent and respond to drug overdoses. It offers information on recognizing overdose symptoms, laws, administering naloxone and accessing campus support services. The page is a key resource for promoting safety and awareness within the university community.

- [Naloxone](#) (also known as Narcan) is a life-saving medication that blocks opioid receptors in the nervous system, reversing an opioid-related overdose in an emergency. [Opioids](#) include but are not limited to heroin, fentanyl and prescription/nonprescription opioid medications.
- [Fentanyl testing strips](#) are a simple and inexpensive method of preventing drug overdose and reducing harm. They are small strips of paper that can detect the presence of fentanyl in a drug. Using this resource can empower individuals to make educated decisions about their safety.

Overdose Prevention Training. This training focuses on opioid and alcohol overdose prevention strategies and is available to students, faculty and staff. It covers the signs and symptoms of an overdose, appropriate response techniques and how to support individuals in recovery. Participants will be equipped with the knowledge and skills to administer Narcan, respond to emergencies and support peers struggling with substance use. Additional topics in this training include combating stigma, addressing misperceptions of substance use norms and developing harm reduction strategies to promote understanding and foster a more supportive campus community environment.

Party Smart. This training focuses on educating students on the effects of alcohol on decision-making, BAC, misperceptions of normal substance use and developing and engaging in harm reduction strategies with substance use. Additionally, it trains students how to respond to negative consequences such as overdose, alcohol poisoning and intimate partner violence.

Student Conduct Referrals

As part of the student conduct process, educational outcomes related to alcohol and other drug violations are tailored based on the nature and severity of the behavior. For violations involving high-risk behaviors, students are required to complete an in-person referral to Wellness and Prevention Services for further education and support. For low-risk alcohol-related violations, students may be assigned an educational outcome through *Alcohol eCHECKUP TO GO*, an interactive online program designed to promote self-assessment and reflection around alcohol use.

Alcohol eCHECKUP TO GO

[Alcohol eCHECKUP TO GO](#) is a web-based, personalized feedback intervention designed to help individuals, particularly college students, reflect on their alcohol consumption patterns. It provides tailored feedback about drinking habits, potential risks and resources, all within an online format.

M.S. Shook Student Health Service

[M.S. Shook Student Health Service](#) provides general medical and psychiatric services. Its clinicians work closely with Counseling and Psychological Services, Wellness and Prevention and community providers to connect students with appropriate care and treatment resources.

Employee Education, Prevention and Support Programs

The university provides education and prevention resources to support employee wellness and reduce substance-related harm. These services are coordinated through Human Resources and Employee Wellness and are designed to promote informed decision-making, healthy lifestyles and early intervention.

Some of these resources are also referenced in the Counseling, Treatment and Rehabilitation Services section, where they are presented in the context of confidential support and recovery. Here, they are highlighted for their role in education, prevention and outreach.

Counseling for Faculty and Staff (CFS) program

CFS provides a page for [Self-Help Topics/Issues](#) that provides direct access to external organizations. It is intended to support staff who wish to use it independently — no contact with university staff is required.

Employee Wellness

[Employee Wellness](#) works collaboratively with other units within the institute and across the university to provide programs and services that enhance the health and wellness of the App State community.

Health Promotion for Faculty and Staff (HPFS)

[Health Promotion for Faculty and Staff](#) is dedicated to providing programs and services designed to promote a healthier lifestyle and enhance the quality of life for App State staff, faculty, retirees and their spouses/domestic partners.

Their comprehensive approach includes major components such as health and fitness facilities and programming, preventative screenings, nutrition counseling and a range of special services tailored to meet individual needs.

Counseling, Treatment and Rehabilitation Services

App State has developed a network of services to support those affected by substance use. These services are designed to offer confidential assistance and foster a supportive environment for recovery. The following subsections are part of the University's Counseling, Treatment and Rehabilitation Services framework.

On-Campus Resources

Counseling and Psychological Services (CAPS)

[CAPS](#) provides a range of services, including individual and group counseling, crisis intervention and referrals for specialized treatment.

Counseling for Faculty and Staff (CFS)

[CFS](#) contributes to the overall mission of App State by offering free, confidential and short-term services to faculty, staff and their family members to identify, prevent and address personal, family and workplace issues.

Employee Assistance Program (EAP)

The [EAP](#) offers confidential counseling and referral services for employees. It addresses a variety of personal issues, such as substance misuse, stress management and family concerns. The program supports employees' well-being and maintains a healthy work-life balance. The EAP is offered through [ComPsych Guidance Resources](#), a confidential support that provides resources and information 24/7.

University Ombuds Office (Ombuds)

[Ombuds](#) serves as a confidential, impartial and informal resource for students, faculty and staff seeking assistance in resolving university-related concerns. The Ombuds can provide guidance on communication strategies, facilitate conflict resolution and offer information about campus resources and policies. While not a reporting or disciplinary office, the Ombuds Office supports a respectful and all-encompassing campus environment by helping individuals navigate challenges independently and constructively.

Counseling Services through NC Health Plan

University employees can additionally visit [Psychology Today](#) to search for approved therapists in the network. Co-payment may apply.

Screening, Brief Intervention and Referral to Treatment (SBIRT)



Appalachian Institute for Health and Wellness offers training in [SBIRT](#). This universal screening tool has a section that helps identify and provide early intervention for substance use disorders. The social work curriculum includes the first module of the three-module SBIRT program, with options to complete additional modules for a certificate from the Beaver College of Health Sciences. The training involves a combination of classroom instruction, online learning and practical experience at field placement sites or other approved locations, providing students with interprofessional learning opportunities.

Learn more about SBIRT and discover helpful screening tools, resources and reimbursement codes through the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#).

Training is offered every August/September and January/February. For more information, view the Appalachian Institute for Health and Wellness [training schedule](#).

Substance and Addictions Counseling

This counseling service through [Wellness and Prevention Services](#) provides students with an opportunity to explore their health and well-being concerning alcohol and drug use, either their own or that of others. It is a confidential space to discuss concerns, develop coping strategies and receive guidance on making healthier choices.

Emergency Medical and Response

App State Police

As part of App State's ongoing efforts to provide prompt and effective responses to medical emergencies, all officers are trained to administer Naloxone (Narcan).

Mountaineer Medics



[Mountaineer Medics](#) is a licensed advanced emergency medical service (EMS) agency that functions within the Watauga County EMS System and is under the App State EHS&EM umbrella of services. The agency is staffed by undergraduate and graduate students who are credentialed as Emergency

Medical Technicians (EMTs), at the basic level or higher. Mountaineer Medics carry a variety of equipment and medications, allowing for rapid life-saving interventions for a variety of emergencies. All

emergency care provided to patients is free of charge. Mountaineer Medics is managed by full-time staff members of the EHS&EM team.

External Referral Options

These community resources offer additional support beyond campus-based services.

Boone, NC and the High Country

AppHealthCare - Appalachian District Health Department. [AppHealthCare](#) provides public health services, including immunizations, health education and family planning. It also offers mental health resources and substance misuse prevention programs.

High Country Community Health. [High Country Community Health](#) offers medical, dental and behavioral health services. It provides affordable care on a sliding income scale, making healthcare accessible to everyone in the community.

Homestead Recovery. [Homestead Recovery](#) is in the High Country and provides peer-based recovery support and harm reduction services. Their programs focus on helping individuals affected by substance use and other behavioral health conditions. They offer various services, including peer support, recovery court advocacy and specific programs like the Watauga LEAD initiative and "Recovery on the Inside," which target justice-involved individuals.

Hospitality House of Northwest North Carolina. [Hospitality House](#) is a regional homeless service provider offering emergency shelter, food and supportive services. It also assists with housing, employment and substance misuse resources.

NAMI High Country. The local affiliate of the [National Alliance on Mental Illness \(NAMI\)](#) offers support groups, educational programs and advocacy for individuals and families affected by mental illness.

Hickory, Lenoir and Morganton, NC Metropolitan

Catawba Valley Behavioral Healthcare (CVHNC). [CVHNC](#) provides mental health and substance misuse services, including outpatient therapy, crisis intervention and psychiatric care. It offers services on a sliding scale and accepts various insurance plans.

Greater Hickory Cooperative Christian Ministry (GHCCM). [GHCCM](#) offers comprehensive services, including medical and dental care, emergency assistance for food, clothing and financial needs, as well as counseling and case management.

Partners Behavioral Health Management (PartnersBHM). [PartnersBHM](#) manages mental health, substance misuse and intellectual and developmental disability services in the region. It offers crisis intervention, therapy and support services.

Safe Harbor Rescue Mission. [Safe Harbor](#) provides Christian-centered support services for women in crisis, including a substance misuse recovery program, emergency shelter, job training and spiritual guidance and counseling.

Local Rehabilitation Centers

App State collaborates with local rehabilitation centers, offering comprehensive treatment programs. These facilities provide inpatient and outpatient care, medication-assisted treatment (MAT) and specialized therapies.

Boone, NC and the High Country

Daymark Recovery Services, Watauga Center. [Daymark Recovery Services](#) provides comprehensive care, including outpatient treatment, MAT and mental health services. They offer a sliding scale for payment, making services accessible to individuals with varying financial situations. This facility is an essential resource for those needing structured support and treatment in Boone.

Freedom Farm Ministries. [Freedom Farm](#) is a faith-based residential program for recovery addiction. It provides gender-specific treatment and counseling services suitable for those seeking faith-based support. Freedom Farm Ministries emphasizes a holistic approach, integrating spiritual guidance with practical recovery strategies. The free program makes it accessible to those who might otherwise be unable to afford treatment.

Hebron Colony Ministries. [Hebron Colony](#) offers a 10-week faith-based residential program that is also free of charge. It provides a structured environment focusing on spiritual recovery, making it an excellent choice for those seeking a program that integrates religious elements into recovery. The facility caters to both men and women, with separate campuses for each group.

Hickory, Lenoir and Morganton, NC Metropolitan

Eleanor Health. [Eleanor Health](#) offers outpatient addiction treatment services, including MAT, addiction counseling and peer support. The clinic focuses on a holistic approach to recovery, providing personalized care tailored to each patient's unique needs. It offers services both in person and online, making it accessible to a broader community.

Integrated Care of Greater Hickory. [Integrated Care](#) provides comprehensive care for substance use disorders, including detoxification, intensive outpatient programs (IOP) and aftercare. The center also offers counseling and trauma-informed therapy, focusing on both substance misuse and co-occurring mental health conditions.

McLeod Addictive Disease Center. [McLeod Addictive Disease Center](#) specializes in long-term and short-term inpatient treatment programs for substance use disorders. It offers a variety of therapies, including cognitive behavioral therapy (CBT), group therapy and family therapy. The center is known for its comprehensive approach to addiction treatment.

Support Groups

Support groups like [Alcoholics Anonymous](#) (AA), [Narcotics Anonymous](#) (NA) and [Marijuana Anonymous](#) (MA) offer a network of support for individuals in recovery. These groups provide regular meetings and resources to help maintain sobriety.

[Refuge Recovery](#) offers a non-theistic, Buddhist-inspired approach to addiction recovery. It focuses on mindfulness, meditation and ethical living. The program offers online meetings that provide a supportive community where individuals can connect and work through their recovery using Buddhist principles.

Disciplinary Sanctions Statement for AOD Violations

The university enforces its standards of conduct through a range of disciplinary measures for students and employees who violate policies related to AOD use. These sanctions are applied in accordance with university policy and applicable laws and may include:

- Referral to Student Conduct, Academic Affairs or Human Resources for internal resolution
- Educational interventions, such as substance use assessments or completion of a rehabilitation program
- Disciplinary action, including probation, suspension, expulsion (for students) or termination of employment (for employees)
- Referral to law enforcement for potential criminal prosecution, when appropriate, based on the nature and severity of the incident

While not every violation results in criminal charges, the university reserves the right to refer cases to law enforcement when warranted.

University Standards of Conduct

University Policy Framework

The university's [Policy 106: Drugs and Alcohol](#) prohibits the unlawful possession, use, manufacture or distribution of alcohol and controlled substances by all members of the university community. These standards apply both on campus and at all university-affiliated events and activities, ensuring a safe and supportive environment for students, faculty, staff, alumni and visitors.

The following policies from the [University Policy Manual](#) (2025) establish the university's official standards for AOD use:

Policy Title	Policy Number	Applies To
Drugs and Alcohol	Policy 106	Faculty, staff and students
Alcohol at University Events	Policy 106.1	University events – faculty, staff, students, alumni and guests
Tailgating	Policy 106.2	University events – faculty, staff, students, alumni and any other individual who participates in athletic tailgate activities
Code of Student Conduct	Policy 401	Students
Housing Alcohol and Drug Restrictions	Located on University Housing Policies	On-campus residential housing students
Employee Misuse of Alcohol and Other Drugs	Policy 602.3	All university employees

Disciplinary Action, Suspension and Dismissal (Employees)	App State Policy 602.16 State Human Resource Manual Disciplinary Action Policy.	This policy applies to employees who have attained career status as defined by North Carolina General Statute 126-1.1
Disciplinary Action, Suspension and Dismissal (Employees)	App State Policy 602.23 The UNC Policy Manual, The Code, Section 612 The UNC Policy Manual 300.1.1 The UNC Policy Manual 300.1.1[R]	This policy applies to employees of the UNC System who are "EPS" which refers to the Exempt Professional Staff

Students' Standards of Conduct

The 2025-26 [Code of Student Conduct](#), overseen by [Student Conduct](#), governs student behavior related to alcohol and drug use. Violations of university expectations (on or off campus) may result in disciplinary action when the conduct impacts the university community or contravenes institutional policy.

Code of Student Conduct – Alcohol and Drug Related Sections

Section Title	Code Reference
Alcohol and Drugs	Article IV – Prohibited Conduct. Section 4.03 Alcohol; Section 4.06 Drugs
Parental Notification, Access and Privacy	Article II – Scope. Section 2.08; Article VIII – Disciplinary Records. Section 8.02
Interim Action	Article V: Process for Addressing Prohibited Conduct. Section 5.06(a)(4)
Educational Outcomes	Article VII: Outcomes for Individuals. Section 7.02
Amnesty Policy	Appendix A

In addition to individual conduct, recognized student organizations or University Affiliated Organizations are subject to organizational conduct policies and may face group-level accountability for violations.

Student Outcomes

Students who are found to have violated the *Code of Student Conduct, Article VII – Outcomes for Individuals*, will receive outcomes appropriate to the current violation(s) and in consideration of any prior conduct history and/or compelling factors.

- Status Outcomes. Letter of Concern, Disciplinary Warning, Disciplinary Probation, *Disciplinary Suspension*
- Educational Outcomes. May be given in addition to Disciplinary Status outcomes
- Post-Enrollment and Post-Graduation Outcomes. A student who has violated the Code of Student Conduct, but who graduates before imposition of an outcome, can face *revocation of any degree awarded*, temporary or permanent withholding of the diploma or transcript for any degree, regardless of whether the degree has been awarded, or having outcome(s) imposed as a condition of re-enrollment at the university.

Amnesty

The University's Student Amnesty provisions, covered within the Code of Student Conduct, are designed to encourage students to seek help in situations involving alcohol or drug use, personal safety or when assisting others in crisis. Amnesty may apply when students request emergency assistance for themselves or others, report misconduct or crimes or are the recipients of aid while under the influence of substances. When granted, amnesty protects students from formal disciplinary outcomes for certain conduct code violations, focusing instead on the completion of an individualized educational action plan. This plan promotes reflection, connection to resources and strategies to prevent recurrence. Amnesty is not limited to a single use but does not apply to all violations, such as the sale or manufacture of drugs or alcohol, and may be denied if a student fails to engage with the process. It also does not limit action by law enforcement or university employees with legal reporting responsibilities.

Student Organization Amnesty

Amnesty strives to promote a culture in which members of a recognized student organization or group actively seek help for themselves or others if/when needed and/or self-report any violations committed by members of the recognized student organization or group. It is most often applied to situations in which substances were used and impacted on someone's health, safety and/or well-being. However, it can also be applied to situations in which someone experienced relationship violence, sexual misconduct, sex/gender-based harassment/discrimination or was the victim of a crime while under the influence of any substance(s).

Fraternity and Sorority Life

At App State, Fraternity and Sorority Life members are subject to the Code of Student Conduct and specific conduct expectations and policies that align with Fraternity and Sorority Life organizations. These policies ensure that Fraternity and Sorority Life organizations and their members contribute positively to the campus community while adhering to legal and ethical standards. Additionally, the Office of Fraternity and Sorority Life has provided [Operational Resources](#) and a variety of resources available to chapter leaders or members who need to have the best Fraternity/Sorority experience at App State.

Alcohol Use

- Policy on Alcoholic Beverages. App State has strict guidelines regarding the use and distribution of alcohol at events organized by Fraternity and Sorority Life organizations. Alcohol is prohibited at recruitment events, new member activities and any event where underage individuals are

present. If alcohol is served at a Fraternity and Sorority Life event, it must comply with university policies, including the use of third-party vendors and adherence to Bring Your Own Beverage (BYOB) rules.

- Risk Management. Fraternity and Sorority Life organizations must follow risk management policies to minimize the potential for alcohol-related incidents. This includes ensuring that events are properly registered with the university, adequate security measures are in place and non-alcoholic beverages and food are available.

Drug Use

- Zero Tolerance Policy. App State enforces a zero-tolerance policy regarding the use, possession or distribution of illegal drugs within Fraternity and Sorority Life organizations. Violations of this policy can lead to severe disciplinary actions, including suspension or expulsion of individuals or entire organizations. The university works closely with Fraternity and Sorority Life leadership to ensure compliance and to provide education on the dangers of drug use.
- Education and Prevention. The university provides mandatory hazing prevention education for all Fraternity and Sorority Life members, ensuring they understand the legal and personal risks associated with hazing. Greek organizations must submit anti-hazing agreements and educate their members on the university's policies.

Event Conduct and Management

- Event Registration and Approval. All Fraternity and Sorority Life events, especially those involving alcohol, must be registered with and approved by the university. The approval process includes submitting details about the event, such as location, security measures and plans for the distribution of alcohol. Events not complying with these requirements may be canceled and the organizations involved may face disciplinary action.
- Behavioral Expectations. Fraternity and Sorority Life members are expected to conduct themselves positively and reflect positively on their organization and the university. This includes adhering to university policies on noise, property respect and the treatment of others. Misconduct at events can lead to individual and organizational sanctions.

Disciplinary Actions

- Sanctions for Violations. Fraternity and Sorority Life members who violate the university policies related to alcohol, drugs, hazing or event conduct can face various disciplinary actions. These can include warnings, probation, suspension from the organization or expulsion from the university. Organizations may face sanctions such as loss of university recognition, suspension of activities or loss of privileges such as the ability to host events.

Collaboration with National Chapters

- Alignment with National Policies. App State works closely with the national chapters of its Greek organizations to ensure that local chapters adhere to university policies and the standards set by their national organizations. This collaboration helps maintain consistent expectations and consequences across the Fraternity and Sorority Life community.

International Programs

Overseen by the [Office of International Programs](#), App State recognizes that participating in education abroad programs is a valuable opportunity for students to expand their academic and cultural horizons. However, students must remain aware of and comply with the university's alcohol and drug policies, especially while studying in a foreign country. The university's expectations and policies regarding alcohol and drug use apply to all students participating in international programs.

Key Guidelines and Expectations

- Compliance with Local Laws. Students studying abroad must comply with the host country's laws and regulations regarding alcohol and drug use. Legal drinking ages and drug laws vary significantly across countries. Violating local laws can result in severe legal consequences, including arrest, fines or imprisonment. Additionally, such violations can lead to disciplinary actions by the university.
- University Policies Abroad. App State's alcohol and drug policies remain in effect for all students, regardless of location. This means that behaviors prohibited on campus, such as underage drinking, public intoxication and the use or possession of illegal substances, are equally prohibited during education abroad programs. Students violating these policies while abroad may face the same disciplinary actions as they would on campus, including suspension or expulsion from the program and the university.
- Health and Safety Considerations. Students are advised to be particularly cautious when consuming alcohol abroad, as they may be less aware of local customs, the strength of alcoholic beverages or the behavior of others in social settings. The use of illegal drugs not only carries legal risks but can also expose students to dangerous situations, including interactions with criminal elements or exposure to harmful substances.

University Athletes' Policies and Disciplinary Outcomes

App State Athletics utilizes an educational approach policy regarding the use of illegal substances and the misuse of alcohol and prescription medications. This policy applies to all student-athletes, coaches and staff involved in the university's athletic programs. App State Athletics also utilizes a three-stage warning procedure for any positive drug test or disciplinary action to result in a positive test.

In addition, the university's student-athletes, coaches and staff are subject to all the university policies and procedures; disciplinary actions and outcomes are overseen by Student Conduct and Human Resources.

Prohibition of Illegal Drugs

The use, possession or distribution of illegal drugs, including but not limited to cannabis, cocaine, opioids and synthetic drugs, is strictly prohibited. Student-athletes found violating this policy are subject to disciplinary action, including suspension or expulsion from their respective teams and potentially from the university.

Alcohol Use

Student-athletes are expected to adhere to the same university policies regarding alcohol use as all other students. This includes compliance with North Carolina state laws, which prohibit underage drinking and public intoxication. Additionally, student-athletes are expected to avoid alcohol consumption during team activities, events and competitions.

Misuse of Prescription Medications

The misuse of prescription medications, including performance-enhancing drugs (PEDs) and stimulants, is prohibited. Student-athletes must use medications only as prescribed by a licensed healthcare provider. The Athletics Department provides oversight to ensure compliance with this policy, particularly concerning medications that may affect athletic performance.

NCAA Compliance

As an NCAA member, App State adheres to all NCAA regulations regarding [banned substances](#) and [drug testing](#).

In accordance with *NCAA Bylaw 18.4.1.4* and its subparts, App State student-athletes are subject to the NCAA Drug-Testing Program and associated eligibility standards. All student-athletes must sign a drug testing consent form as a condition of participation. A student-athlete who tests positive for an NCAA banned drug is immediately declared ineligible for both postseason and regular season competition, unless a medical exception¹ has been granted.

Disciplinary Consequences for Violations

- [18.4.1.4.6 Banned Drug Classes](#). NCAA-banned drug classes are the same as those included in the World Anti-Doping Agency (WADA) list of prohibited substances, *except for cannabinoids and glucocorticoids*. The Committee on Competitive Safeguards and Medical Aspects of Sports (or a designated subcommittee) may identify specific banned drugs and exceptions within each banned drug class. An institution and student-athletes shall be held accountable for all drugs within the banned-drug classes regardless of whether they have been specifically identified.
- [Banned Drugs](#). The student-athlete shall be withheld from competition in all sports until the equivalent of one full season has been served. If the test occurs during a year in which the athlete did not use a season of competition, one season is charged. If the athlete used a season, an additional season will be charged unless the athlete competes in the following academic year. In all cases, the student-athlete remains ineligible for 365 consecutive days and until a negative test is confirmed.
- [Tampering with Drug Testing Process](#). The student-athlete is rendered ineligible for 730 consecutive days and must serve the loss of two seasons of competition. Penalties are adjusted based on whether a season of competition was used during the year of the violation.
- [Transfers and Non-NCAA Institutions](#). If a student-athlete transfers while serving an NCAA suspension and competes elsewhere, they must serve the full penalty period (365 or 730 days)

¹ [Medical Exceptions](#): These must be formally requested by the institution and follow NCAA procedures.

after their final non-NCAA competition and produce a negative NCAA test before regaining eligibility.

- Missed Drug Tests. Missing a scheduled NCAA drug test is treated as a positive test for a banned substance (other than cannabinoids or narcotics) and carries identical penalties.
- Second Positive Test (non-cannabinoids/narcotics). Results in permanent loss of NCAA eligibility in all sports.

Narcotics

- First Positive Test – Narcotics. Requires participation in an institution-developed substance misuse education and management plan.
 - Narcotics: 50% season ineligibility, plus required treatment and a negative test
- Subsequent Positive Tests.
 - Narcotics (second offense): The athlete is subject to *Bylaw 18.4.1.4.1.1* penalties, typically mirroring second offenses for other banned substances.

All sanctions apply across all sports and reinstatement requires documented compliance with NCAA drug-testing and institutional protocols. Student-athletes may appeal sanctions in accordance with NCAA procedures. Student-athletes have the right to [appeal](#) a positive test result on the basis of procedural errors or other mitigating factors, with appeals reviewed by a designated committee whose decisions are final.

Residence Halls

[University Housing Policies](#) (2025-26) strictly regulate the use and possession of alcohol and drugs in residence halls. Students aged 21 or older may consume alcohol in their rooms but not in the presence of underage guests. Alcohol is prohibited in public areas and guests cannot bring alcohol into the halls. The possession and use of drugs are governed by the University's Code of Student Conduct, which all residents must adhere to. Violations may result in disciplinary actions.

Employee Standards of Conduct

All university staff members must comply with workplace standards related to alcohol and other drug use. Employees are prohibited from reporting to work under the influence of alcohol or controlled substances and from unlawfully using, possessing, manufacturing or distributing such substances while on duty or on university property.

[The Office of Human Resources](#) oversees employee conduct and enforces related policies, working with relevant supervisors and administrative units. Violations can lead to corrective or disciplinary actions, including termination, in accordance with the university policies and applicable laws.

Policy Title	Policy Number	Expectation
Drugs and Alcohol	Policy 106	All students, employees and visitors are expected to comply with federal, state and university regulations prohibiting the unlawful use, possession or distribution of drugs and alcohol on campus.
Alcohol at University Events	Policy 106.1	Alcohol may only be served or consumed at university events in strict accordance with university guidelines, with appropriate permits and responsible service practices in place.
Tailgating	Policy 106.2	Tailgating activities must follow university safety, alcohol and conduct regulations to ensure a safe and responsible environment for all participants.
Employee Misuse of Alcohol and Other Drugs	Policy 602.3	Employees are prohibited from reporting to work or performing job duties under the influence of alcohol or controlled substances and violations may result in disciplinary action.
Disciplinary Action, Suspension and Dismissal (Employees)	App State Policy 602.16 State Human Resource Manual Disciplinary Action Policy.	Employees are subject to disciplinary measures, including suspension or dismissal, for violations of university policies, including substance misuse.

Faculty Standards of Conduct

Faculty members are university employees and must follow all relevant institutional policies regarding workplace behavior, including those related to AOD use. The Division of [Academic Affairs](#) and the Office of Human Resources handle faculty discipline and compliance.

Faculty are expected to uphold the highest standards of professional behavior, including adherence to Policy 602.3 Employee Misuse of Alcohol and Other Drugs and Policy 602.16 Disciplinary Action, Suspension and Dismissal. The [Faculty Handbook](#) (2025 and 2026) also outlines responsibilities, expectations for ethical behavior and procedures for addressing unacceptable conduct.

Section Title	Handbook Reference	Expectation
Policies Applicable to Faculty.	Section 1.3.1 and 1.3.2	Relationship of the Faculty Handbook to The Code & The UNC Policy Manual and the App State Policy Manual
Faculty Professional Ethics/Expectations	Section 2.4 and 2.11(N)	Expects faculty to adhere to all university policies and legal obligations

Enforcement and Campus Coordination

Maintaining a safe, compliant and responsive environment requires ongoing coordination between campus departments and law enforcement agencies. Enforcement mechanisms are designed to address misconduct and facilitate connection to appropriate support services.

App State Police

App State Police play a central role in promoting campus safety and ensuring the enforcement of laws and university policy. The department operates with a community-oriented approach and collaborates regularly with Student Conduct, Office of Human Resources and Academic Affairs when addressing AOD-related violations.

App State Police responsibilities include:

- Patrolling and responding to incidents
- Making arrests and issuing citations
- Referring individuals for university disciplinary action
- Providing educational outreach and training (including overdose prevention)
- Collaborating with local law enforcement agencies

Referrals to internal conduct processes are common when a policy violation occurs but does not escalate to criminal prosecution. This dual-track system helps ensure both accountability and the opportunity for developmental support.

Legal Sanctions

In addition to institutional policies, individuals are subject to federal, state and local laws governing the use, possession and distribution of alcohol and other drugs. Legal consequences may be imposed independently of university disciplinary procedures. They can result in substantial penalties, including fines, imprisonment, suspension of driving privileges, mandatory treatment and for students, ineligibility for federal financial aid.

Good Samaritan Law

The [Good Samaritan Law](#) provides legal protection to individuals who assist someone experiencing a medical emergency, such as a drug overdose, by seeking help. It encourages people to act without fear of legal repercussions, ensuring timely assistance is provided in critical situations.

Federal Controlled Substances – 21 U.S.C. §§ 801–971

The *Controlled Substances Act* (CSA), codified at [21 U.S.C. §§ 801–971](#) (2023), regulates the manufacture, possession and distribution of controlled substances in the United States. It classifies drugs into five schedules based on their potential for abuse, accepted medical use and safety, and imposes severe penalties for violations. Key provisions include:

- 21 U.S.C. § 841 – Prohibited acts A – It is unlawful to knowingly manufacture, distribute, dispense, or possess with intent to do the same, a controlled substance. Penalties for Schedule I and II drugs (e.g., heroin, cocaine, methamphetamine) are severe, ranging from five years to life imprisonment, with fines up to \$10 million for individuals or \$20 million for organizations.
- 21 U.S.C. § 842 – Prohibited acts B – Addresses violations involving improper recordkeeping, labeling or unlawful distribution. Penalties may include fines up to \$250,000 and/or imprisonment.
- 21 U.S.C. § 844 – Penalties for simple possession – Prohibits knowing or intentional possession of a controlled substance without authorization. Penalties for a first offense include up to one year in prison and a minimum fine of \$1,000. Repeat offenses result in increased minimum sentences and fines (up to 3 years, \$5,000).
- 21 U.S.C. § 859 – Distribution to Persons Under Age 21 – Prohibits distributing controlled substances to individuals under 21 years of age. Penalties are more severe when the recipient is a minor.
- 21 U.S.C. § 860 – Distribution or manufacturing in or near schools and colleges – Imposes enhanced penalties, at least twice the standard sentence and supervised release term, for distributing controlled substances within 1,000 feet of schools, universities, playgrounds or youth facilities, with higher penalties for repeat offenses.
 - 21 U.S.C. § 860a – Consecutive Sentence for Methamphetamine Crimes Where Children Are Present – Requires an additional prison term, up to 20 years, when methamphetamine is distributed or manufactured on premises where a minor is present.
- 21 U.S.C. § 863 – Drug Paraphernalia – Prohibits selling, transporting or possessing drug-related equipment. Violations may result in up to three years imprisonment, fines and forfeiture of property.
- 21 U.S.C. § 853 – Criminal Forfeitures – Authorizes seizure of property, assets or money derived from or used to facilitate controlled substance offenses.
- 21 U.S.C. § 865 – Smuggling Methamphetamine or Precursor Chemicals Using Facilitated Entry Programs – Enhances prison sentences by up to 15 years when methamphetamine or precursor chemicals are smuggled into the U.S. via governmental expedited inspection or commuter lanes. Offenders are permanently barred from future use of such programs.
- 21 U.S.C. §§ 952, 960 – Import and Export Offenses – Impose heavy penalties (up to 20 years or life imprisonment) for illegal import/export of controlled substances, especially in large quantities or repeat offenses.

Federal Alcohol Laws

Federal law regulates alcohol access and establishes a national minimum drinking age to promote public safety and uniformity across states. Key provisions include:

- [23 U.S.C. § 158 – National Minimum Drinking Age Act](#) (2023) – Requires states to prohibit the purchase and public possession of alcoholic beverages by individuals under 21 years old to remain eligible for full federal highway funding.

Federal Motor Vehicle and Impaired Driving Laws

Federal law sets national standards to deter impaired driving and ensure commercial driver safety. Key provisions include:

- [23 U.S.C. § 164 – Minimum Penalties for Repeat Impaired Driving Offenders](#) (2023) – Requires states to enforce penalties such as mandatory license revocation and participation in alcohol education or treatment programs for multiple impaired driving convictions.
- [23 C.F.R. Part 1270 – Open container laws](#) (2023) – State laws must prohibit possession or consumption of open alcoholic beverages in the passenger area of motor vehicles on public highways and allow primary enforcement to comply with federal eligibility criteria.
- [23 C.F.R. Part 1275 – Repeat Intoxicated Driver Laws](#) (2023) – Specifies compliance requirements for repeat impaired-driving statutes and establishes sanctions, transfer-of-funds procedures and state responsibilities to ensure adherence.
- [49 C.F.R. Part 392.5 – Alcohol prohibition](#) (2023) – Prohibits commercial motor vehicle operators from consuming alcohol within four hours of operating a vehicle or driving with any detectable alcohol concentration.

North Carolina State Laws and Sanctions

North Carolina Controlled Substances Act - Chapter 90, Article 5

The *North Carolina Controlled Substances Act*, governed by [Chapter 90, Article 5 of the North Carolina General Statutes](#) (2024), establishes the classification of controlled substances and outlines the criminal penalties for the unlawful possession, manufacture, distribution or use of these substances.

- Manufacture, Sell, Deliver or Possess with Intent – It is illegal to manufacture, sell, deliver or possess with the intent to manufacture, sell or deliver a controlled substance.
 - Penalties depend on the schedule of the substance:
 - Schedule I & II (e.g., heroin, cocaine, methamphetamine) – Class H or Class G felony, with harsher penalties for larger quantities or trafficking
 - Schedule III, IV, V (e.g., anabolic steroids, prescription depressants) – Class I felony
 - Schedule VI (e.g., marijuana) – Penalties range from a Class 3 misdemeanor to a Class I felony depending on quantity
- Simple Possession – Possessing a controlled substance without intent to distribute is generally a Class 1 misdemeanor (for small amounts of Schedule VI) or Class I felony (for Schedule I or II).

- Possession of Drug Paraphernalia – It is illegal to possess equipment used for manufacturing, packaging or consuming controlled substances, usually charged as a Class 1 misdemeanor.
- Trafficking – Trafficking in controlled substances involves higher quantities and carries mandatory minimum prison sentences and heavy fines, depending on the type and weight of the drug.
- Distribution to Minors or Near Schools – Enhanced penalties apply for distributing controlled substances to minors or within 1,000 feet of schools, childcare centers or public parks.
- Attempt or Conspiracy - Attempts or conspiracies to violate drug laws are punished at the same felony or misdemeanor level as the underlying offense.
- Additional Provisions:
 - § 90-95.6: Promoting drug sales by a minor (Class D felony).
 - § 90-95.7: Participating in a drug violation by a minor (Class G felony).

Regulation of Alcoholic Beverages - Chapter 18B

North Carolina's alcohol laws are governed by [Chapter 18B of the North Carolina General Statutes](#) (2024), which establishes regulations for the sale, possession and consumption of alcoholic beverages. Key provisions include:

- § 18B-100 Purpose of Chapter – Establishes the regulation of alcoholic beverages to protect public welfare, health and safety.
- § 18B-101 Definitions – Defines terms such as malt beverage, unfortified wine, fortified wine, spirituous liquor and other alcohol-related terms.
- § 18B-102 General Penalties – Violations of Chapter 18B are generally Class 1 misdemeanors, unless otherwise specified.
- § 18B-300 Purchase, Possession and Consumption of Malt Beverages and Unfortified Wine – Prohibits unlawful possession or consumption of these beverages except as permitted by law.
- § 18B-301 Manufacture, Sale and Consumption of Fortified Wine and Spirituous Liquor – Restricts where and how these beverages may be legally sold and consumed.
- § 18B-302 Sale to or Purchase by Underage Persons – It is illegal to sell, give, purchase or possess alcohol by or for anyone under 21 years old. Aiding or abetting underage drinking is also unlawful.
- § 18B-302.1 Penalties for Underage Violations – Underage violations may result in fines (\$250–\$1,000), community service (25–150 hours) and a Class 3 misdemeanor.
- § 18B-302.2 Medical Treatment; Limited Immunity – Provides limited legal immunity to underage persons who seek emergency medical assistance for alcohol-related overdoses, provided specific conditions are met.
- § 18B-303 Employment of Underage Persons – Prohibits underage employees from selling or serving alcohol except as allowed by law.
- § 18B-304 Unlawful Possession or Sale Without a Permit – Selling or possessing alcohol for sale without a valid ABC permit is illegal.

- § 18B-401(b) Transportation of Alcoholic Beverages in For-Hire Passenger Vehicles – Alcohol may not be transported in for-hire vehicles (e.g., taxis) unless owned and possessed by a paying passenger.
- § 18B-1004 Hours for Sale and Consumption – Regulates hours when alcohol can be sold or consumed, including Sunday sales (as locally authorized).
- § 18B-1005 Conduct on Licensed Premises – Establishes standards of conduct for ABC-permitted establishments, including restrictions on illegal activities or disturbances.

Motor Vehicle Laws - Chapter 20

North Carolina enforces strict motor vehicle laws governed by [Chapter 20 of the North Carolina General Statutes](#) (2024) that prohibit driving while impaired, transporting open containers or operating certain vehicles after consuming alcohol. Key statutes include:

- § 20-138.1 – Impaired Driving (DWI) – It is unlawful to operate a motor vehicle on a highway or public vehicular area while under the influence of an impairing substance with a BAC of 0.08% or more or with any controlled substance in the body.
- § 20-138.2 – Impaired Driving in a Commercial Vehicle – Operating a commercial motor vehicle with a BAC of 0.04% or higher, or while under the influence of an impairing substance, is prohibited and results in criminal penalties and commercial driver's license (CDL) disqualification.
- § 20-138.2A – Operating a Commercial Vehicle After Consuming Alcohol – It is illegal to operate a commercial motor vehicle within four hours of consuming alcohol, regardless of BAC.
- § 20-138.2B – Operating a School Bus, Child Care, EMS, Firefighting or Law Enforcement Vehicle After Consuming Alcohol – Drivers of these vehicles are prohibited from operating them within four hours of consuming alcohol, regardless of BAC.
- § 20-138.2C – Possession of Alcoholic Beverages While Operating a Commercial Vehicle – It is unlawful to possess open alcoholic beverages while operating a commercial motor vehicle.
- § 20-138.3 – Driving by Persons Less Than 21 Years Old After Consuming Alcohol or Drugs – A “zero tolerance” law that makes it illegal for drivers under 21 to operate a vehicle with any alcohol or drugs in their system.
- § 20-138.5 – Habitual Impaired Driving – A felony offense for individuals convicted of three or more impaired driving offenses within 10 years, resulting in mandatory prison time, permanent license revocation and potential vehicle forfeiture.
- § 20-138.7 – Transporting an Open Container of Alcoholic Beverage – It is illegal to possess or transport an open container of alcoholic beverages in the passenger area of a motor vehicle on public roads, with limited exceptions.

Local Ordinances

In addition to federal and state laws, local ordinances in the [Town of Boone](#) and [City of Hickory](#), North Carolina, where App State has campuses, further regulate the use and possession of alcohol and controlled substances.

Violations of these ordinances may result in citations or law enforcement involvement and, when connected to substance-related misconduct, may also be subject to university disciplinary review.

Town of Boone

Alcoholic Beverages (§ 89.35–§ 89.39):

- Public display, consumption or possession of open containers of malt beverages or unfortified wine on public property is prohibited, except in designated areas or at Town Council-approved special events with proper permits, liability insurance and prior approval.
- Key terms such as malt beverage, unfortified wine and open container are defined in § 89.35 (aligned with N.C. Gen. Stat. § 18B-101, 2024).
- Violations may result in civil penalties of \$50 per offense, fines, imprisonment up to 30 days or both, with increased penalties for repeat violations (§ 89.99).

City of Hickory

- Sec. 28-8. Possession or use in public places of certain beverages or illegal drugs. The possession, use or presence under the influence of alcohol or illegal drugs in any public park or similar public place is prohibited under Sec. 23-8, except when specifically approved through the city's special event application process or a separate agreement.
- Sec. 29-22 – Loitering and disorderly conduct on public property. Loitering or disorderly conduct on public property, including impeding traffic, consuming alcohol or engaging in behavior associated with illegal drug activity, is prohibited under Sec. 29-22 and is punishable as a misdemeanor pursuant to N.C. Gen. Stat. 14-4 (2024).
- Sec. 30-20. - Transportation of certain beverages. It is unlawful to transport alcoholic beverages in a taxicab or other for-hire passenger vehicle unless the alcohol belongs to and is in the possession of a bona fide passenger for hire, in accordance with Sec. 30-20 and N.C Gen. Stat. 18B-401(b) (2024).

While local noise ordinances in Boone and Hickory are not directly related to drug or alcohol laws, they are often enforced in settings where substance use may occur, such as large gatherings or parties.

- Town of Boone Noise and Disturbance (§ 82.04(D)). Noises that disturb the peace between 10 p.m. and 6 a.m., including loud parties, drunken conversation, yelling, shouting or amplified music, are prohibited under the town's noise ordinance.
- City of Hickory Noise (Chapter 19). This chapter prohibits the creation of unreasonably loud or disturbing noises that negatively impact public peace, health or comfort. Violations may be treated as misdemeanors or infractions under state law. It specifically lists various prohibited noise sources while allowing exceptions for safety and seasonal music use.

Commitment to a Safe and Healthy Campus Environment

Thank you to the many departments and individuals whose dedication and collaboration make this work possible. Your ongoing efforts are essential to the success of our prevention initiatives and to creating a safer campus. Please learn more [*about the Drug and Alcohol Misuse Prevention Program*](#).

Together, we can ensure that App State remains a place where academic excellence and personal growth thrive in a supportive and substance-safe environment. The university's [*Annual Security and Fire Safety Report*](#), available on the [Clery Safety Act Compliance](#) website, provides additional information on campus crime statistics, campus safety policies and enforcement and safety measures in collaboration with the DAAPP.

Citation Index

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