

Alcohol and Drug Policy

I. Policy Statement

This Alcohol and Drug Policy is intended to meet the requirements of all applicable U.S. federal as well as Hungarian State laws, including the Drug-Free Schools and Communities Act of 1986, amended in 1989, and the Drug-Free Workplace Act of 1988 of the U.S. federal Law.

Central European University prohibits the irresponsible or unlawful possession, use, or distribution of alcohol and drugs by students, faculty, and staff on university premises or as part of any of its activities.

In accordance with U.S. federal law, this policy applies to (1) any enrolled student regardless of the length of the student's program of study, and to (2) any permanent or temporary faculty, staff, or student employee of the university. The conduct prohibited by this policy includes the unlawful possession, use, or distribution of alcohol and drugs by students or employees on University premises or as part of its activities. The university's "premises" include but are not limited to its facilities, and vehicles. A university "activity" means any activity sponsored by the university, whether or not it takes place on University premises.

The term "alcohol" as used here means hard liquor, wine, beer, and any other alcoholic beverage. A "drug" is any "controlled substance", such as marijuana, cocaine, crack, amphetamines, barbiturates, and hallucinogens. The possession, use, or distribution of alcohol or a drug is "unlawful" if such use is prohibited by federal or Hungarian state law.

Definitions Relating to Alcohol and Other Drug Violations

Possession of alcohol or drugs refers, but is not limited, to holding, no matter the duration, alcohol or illegal drugs/controlled substances in hand or, having them in one's clothing, purse/book bag (or similar case), automobile, or residence.

Consumption of alcohol refers to the act of drinking or ingesting any amount of an alcoholic beverage.

Use of drugs refers to the act of ingesting, inhaling, drinking, eating, and/or any other method of introducing an illegal drug or controlled substance into one's body.

Distribution of drugs refers to the sharing of illegal drugs/controlled substances with or giving them to others.

Sale of drugs refers to the exchange of illegal drugs/controlled substances for money or other forms of compensation (sale).

Facilitating the possession/use of alcohol or drugs refers to the act of allowing others to possess, consume, or use alcohol or illegal drugs/controlled substances in one's residence or automobile.

II. Legal Consequences

Summary of Hungarian laws and acts related to illegal drugs and alcoholic beverages

Hungarian legal instruments use both the expression spirituous drinks (szeszés ital) and beverages containing alcohol practically as synonyms.

Definitions:

Several Hungarian laws use the following definition for **spirituous drinks**: all drinks containing alcohol, except for the spirituous extract of herbs with a medical character and products made by utilizing these.

Regulation 92/83/EC of the European Union defines the separate kind of alcohol in different ways (e.g. separate definition for wine, beer etc.)

Drugs that are illegal in Hungary are listed in Annex 1 of the Government decree 66/2012. (IV.2).

Main characteristics of alcohol and drug legislation:

In Hungary Article 200 of the Act on Offenses (Act II of 2012) prohibits selling or serving spirituous drinks to persons under the age of 18 in shops and touristic enterprises, as well as serving spirituous drinks to those persons, who are visibly drunk, and the intoxication of a juvenile person in a public space or public domain. It is also an offence to breach any other regulation – government decree or act - prohibiting the selling of spirituous drinks or its consumption in public spaces. There are also local government decrees in this regard for example regulating the selling of alcohol in nighttime or the drinking of alcohol in public spaces.

The Act on Offenses and the Criminal Code both contain actions that are penalized. Alcohol consumption is basically legal, but there are cases when the law penalizes the fact that someone has committed an action that he has alcohol from the consumption of a spirituous drink in their body. The Article 217 of the Act on Offenses (Act II of 2012) regulates as a distinguished traffic offense if there is alcohol from a spirituous drink in the body of a person, who is driving a vehicle. This regulation has a pair in the Criminal Code, where Article 188 orders the penalization of the act of driving a vehicle in a state of intoxication or numbness.

The article 240 of the Act on Offenses contains a regulation, which says that the breaching of regulations of producing poppy and hemp, as well as other activities that can be carried out with industrial poppy and hemp containing high amounts of THC results in committing an offense.

Drug abuse is regulated by the Criminal Code. The code penalizes in articles 282 through 283/B the producing and the production, the acquiring, the importing and exporting and the transportation of illegal drugs through the country. The law differentiates in the heaviness of sanctions between those, who commit the crime for different amounts of illegal drugs. It is also an aggravating circumstance if the crime is committed as a business or as a part of a conspiracy to commit crimes.

The law provides special protection to those, who are under the age of 18, the sanctions for committing the crime using such person are heavier and if they commit a crime this way near a school or educational facility the or in its direct surrounding the sanctions are even heavier (Art. 282/B (2) b)). The law also contains privileged cases. If someone can prove with an instrument that previously they have underwent with duration of at least 6 months a medical treatment to treat drug addiction, or has had other treatment for drug abuse, or has participated in a prevention and information service, then this person is not punishable if he produces, products, acquires or possesses a petty quantity of drugs for personal use. These regulations apply to drug addicts as well, in whose case if the quantity does not reach the significant amount they are not punishable if for personal use they can produce, product, acquire, possess, import, export and transport through the country.

Following the regulation of the European Union it is also a crime in Hungary to possess or distribute drug precursors. The European Union defines drug precursor as:

Drug precursors are chemicals that are used for the manufacturing of illicit drugs. There is, in fact, no production of illicit drugs without precursors. However, in the majority of cases chemicals used as drug precursor have primarily multiple legitimate and important uses (e.g. in the synthesis of plastics, pharmaceuticals, cosmetics, perfumes, detergents, or aromas).

Finally the Criminal Code also penalizes the abuse of new psychoactive materials.

III. Disciplinary Sanctions

Standards of conduct

Central European University prohibits the unlawful possession, use, sale or distribution of alcohol and other drugs and promotion of drug paraphernalia by students and student organizations. The regulations also prohibit other alcohol-related misconduct. Drunken and/or disorderly conduct will not be tolerated and is subject to sanctions.

CEU will impose disciplinary sanctions on students who violate the above standards of conduct. The severity of the imposed sanctions will be appropriate to the violation. The Disciplinary and Grievance Committees enforce the regulations of the University concerning matters of discipline and ethical conduct, as regulated by the university's Code of Ethics:

<http://www.ceu.hu/documents/p0305-1> . Sanctions can result termination of enrollment.

IV. Health risks associated with the use of drugs and the abuse of alcohol

Alcohol

Alcohol goes directly into the bloodstream, physically affecting the whole body. Some illnesses and health problems caused by alcohol include:

Alcohol Withdrawal: More commonly known as a "hangover" causes fatigue, thirst, headaches, nausea, aches and pains, sensitivity to light, difficulty concentrating, shakiness, irritability, depression, poor quality sleep, and bloodshot eyes.

<http://www.mayoclinic.com/health/hangovers/DS00649/DSECTION=symptoms>

Weight gain: Use of alcohol can cause weight gain as most alcoholic beverages contain at least 100 calories per serving http://www.medicinenet.com/alcohol_and_nutrition/page3.htm

High blood pressure: Consuming more than three drinks in a sitting can increase your blood pressure temporarily, but repeated incidents of binge drinking can have long lasting effects on blood pressure.

<http://www.mayoclinic.com/health/blood-pressure/AN00318>

Sexual Function: Binge drinking can have short term effect on both male and female sexual function. Chronic binge drinking can lead to long term sexual dysfunction.

<http://www.stanford.edu/group/bbeam/sexunderinfluence.html>

Depressed immune system: Binge drinking (as well as other substance use) impairs immune system function leaving individual more vulnerable to the common cold and other viruses.

<http://news.bbc.co.uk/2/hi/8262276.stm>

Liver disease: Heavy drinking can cause fatty liver, hepatitis, cirrhosis and cancer of the liver. The liver breaks down alcohol at the rate of only one drink per hour.

http://www.collegedrinkingprevention.gov/CollegeStudents/anatomy/Body_nonflash.aspx

Alcohol poisoning: Drinking large amounts can result in alcohol poisoning. Vomiting related to alcohol consumption is a sure sign that an individual has alcohol poisoning and needs immediate medical attention.

<http://www.collegedrinkingprevention.gov/OtherAlcoholInformation/factsAboutAlcoholPoisoning.aspx>

Heart or respiratory failure: Excessive drinking can have serious results including increasing one's heart rate, as well as heart or respiratory failure (which can lead to death).

http://www.collegedrinkingprevention.gov/CollegeStudents/anatomy/Body_nonflash.aspx

Excessive alcohol use increases the risk for health problems. **Alcohol Can Be Used Responsibly.** If excessive drinking becomes a problem treatment is usually necessary. Alcoholism is a disease that cannot be cured, but can be treated.

Drugs

Adapting from: <http://www.drugscope.org.uk/resources/faqs/faqpages/what-are-the-dangers-from-using-drugs>

Different drugs have different dangers associated with them.

Some drugs (such as alcohol, heroin and tranquillisers) have a sedative effect which slows down the way the body and brain function. They can have a numbing effect that produces drowsiness if a lot is taken. Other drugs (such as amphetamine, cocaine, crack and ecstasy) have a stimulant effect giving a rush of energy and making people more alert. A third group of drugs (such as LSD and magic mushrooms and to a lesser extent cannabis and ecstasy) have a hallucinogenic effect. This means they tend to alter the way the user feels, sees, hears, tastes or smells.

Sedative drugs like alcohol and heroin can lead to fatal overdose if a lot is taken. They can also affect co-ordination making accidents more likely. Use of sedatives can also lead to physical dependence and withdrawal symptoms while others drugs like cannabis cannot.

Stimulant drugs can produce anxiety or panic attacks particularly if taken in large quantities. They can also be particularly dangerous for people who have heart or blood pressure problems.

Hallucinogenic drugs sometimes produce very disturbing experiences and may lead to erratic or dangerous behavior by the user, especially if they are already unstable. And of course some drugs are legal to use and others are not. Being arrested and getting a conviction can lead to all sorts of problems.

The dangers of drug use will also depend on:

- How much is taken. The more that is taken the greater the danger. Taking too much of a sedative drug can lead to a fatal overdose. Taking a large dose of a stimulant drug can lead to panic attacks or even in extreme cases, psychotic behavior (where all sense of reality is lost). Taking a large dose of a hallucinogenic drug may lead to disturbing experiences. Taking a high dose of a many drugs can lead to a lack of co-ordination and increase the likelihood of accidents.
- How often the drug is taken. The more often a drug is taken, the greater the risks to your health, particularly if the body hasn't had time to recover. With some drugs a tolerance can develop and more needs to be taken in order to keep getting an effect. If heavy, frequent use is followed by a period of non-use tolerance levels drop. Taking the same amount of drug needed with high tolerance levels can bring on an overdose, especially with drugs like heroin. Not all drugs produce tolerance. LSD has its own safeguard against tolerance. If it taken too frequently it just stops working. No matter how much is taken there will be no effect at all.
- Many illegal drugs, especially in powder or pill form, have other drugs or substances mixed in with them. These can change the effect of the drugs and contribute to dangers.
- Drug mixtures combining drugs can produce unpredictable and sometimes dangerous effects. In particular, mixtures of sedative drugs can be very dangerous. Many reported drug overdoses involve mixtures of alcohol and tranquillisers or opiates.

- How a drug is taken. The method of use will influence the effect the drug has and its possible dangers. Injecting drugs has a very quick and intense effect. Snorting or inhaling drugs can also have a quick but slightly less intensive effect. Smoking drugs produces a slower, more subtle effect sometimes. The slowest effect of all is eating or drinking a drug.

Drug dangers also vary with the method used to take them:

- Injecting is particularly risky because it is difficult to know how much is being taken. Injection also carries the risk of infection by blood borne diseases if any injecting equipment is shared. Highest profile recently has been given to HIV, the virus that leads to AIDS, but there are also risks from Hepatitis B and C, another very serious blood borne disease.
- Eating or drinking a drug can be risky if people take a lot in one go. The effects tend to be slow but once they come on it is too late to do anything about it. Examples are drinking too much alcohol in a short space of time or eating a lump of cannabis. In such cases people can suddenly feel very drunk or stoned and become very disorientated.
- Snorting drugs like amphetamine or cocaine powder up the nose on a regular basis can lead to damage to the nasal membranes although this risk has sometimes been exaggerated.
- There are more or less dangerous ways of **inhaling** solvents such as glues, gases and aerosols. Squirting solvents into a large plastic bag and then placing the bag over the head has led to death by suffocation. Squirting aerosols or butane straight down the throat has led to deaths through freezing of the airways. Squirting onto a rag or small bag then inhaling is not as dangerous.
- Smoking a drug is a relatively less dangerous method of use although regular smoking can damage the respiratory system especially if the drug is smoked with tobacco, as is often the case with cannabis.

V. Safety Risks

Adapted from: <http://www.med.unc.edu/alcohol/prevention/safety.html>)

Alcohol and other drugs interfere with messages to your brain and alter your perceptions, emotions, vision, hearing, and coordination. Alcohol and drugs affect your judgment and can lead to dangerous behavior that puts you at risk for:

Accidental injuries: More than half of all drownings and fatal falls are alcohol or drug-related. 45% of emergency room visits are alcohol-related. 80% of patients in special units like burn centers have injuries related to alcohol use. Half of all physical injuries sustained on college campuses stem from alcohol use.

Car crashes: Even small amounts of alcohol make driving unsafe. Drunk driving is not only unsafe, it's illegal. Even a blood alcohol level of .05% (below the legal limit for driving in most states) makes you twice as likely to have a car crash. Almost half of all fatal auto crashes are alcohol- or drug- related.

Sexually Transmitted Diseases (STDs) including AIDS: You are more likely to ignore safety precautions such as condoms if you are under the influence of alcohol or other drugs.

Unwanted pregnancy: For the same reasons that alcohol and other drugs put people at greater risk for STDs, it also makes pregnancy a risk of substance abuse.

Sexual assault: When you're intoxicated, impaired judgment can stop you from noticing dangerous situations and people. Slowed thinking and reaction time makes you more vulnerable to being forced into sexual activity. It also makes people less likely to notice when they are hurting others. Alcohol is involved in many acquaintance rapes. Either party being drunk is not a legal excuse for assault.

Fights: Barroom brawls don't just happen in movies. Not only can you get hurt, you can get arrested. Two-thirds of violent behavior on college campuses involves alcohol.

Trouble with the law: Illegal drugs, underage drinking, drunk driving, public consumption--even giving guests alcohol--can get you into legal trouble.

VI. Counseling and Treatment Resources

There are counseling services available in English for anyone experiencing problems related to substance abuse.

- Psychological counseling at CEU: providing professional counselors provide individual psychotherapy and counseling:
<http://www.ceu.edu/studentlife/services/medical/counseling> .

Berne Weiss, Psychologist

E-mail: weissb@ceu.edu

Tel.: (06-1) 235-6127

Office hours: Monday and Wednesday 2:00 p.m. -7:00 p.m.

Laszlo Biro, Psychologist

E-mail: birol@ceu.edu

Tel.: (06-1) 235-6127

Office hours: Tuesday 2:00 p.m.-7:00 p.m., and Thursday 9:00 a.m. - 2:00 p.m.

Other appointment times are available by special arrangement.

- Blue Point: <http://www.kekpont.hu/about-us>
It operates as a public benefit company in Hungary that provides comprehensive and coordinated healthcare, social and legal services for psychoactive substance users.
- Hungarian speakers can receive online and phone assistance from **Drog-Stop Budapest Egyesület**: <http://drog-stop.hu> telefon/fax: +361-232-1390
E-mail: drogstop@chello.hu , address: 1046 Budapest, Külső Szilágyi út 14.