



***PORTER AND
CHESTER INSTITUTE***

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Drug and Alcohol Abuse Awareness

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Drug Free Workplace Statement

Porter and Chester Institute is dedicated to providing quality educational services to its students and a quality work environment for its employees. In keeping with this commitment, PCI maintains campuses that are free from drug and alcohol abuse. All students, faculty and staff are prohibited from the unlawful possession, manufacture, use, or distribution of illicit drugs and alcohol on Porter and Chester Institute's campuses, parking lots, and grounds, or as part of any of the school's activities. Any violation of this policy will warrant disciplinary actions up to and including dismissal and may result in local, state, and/or federal criminal charges. The complete drug free workplace policy statement is at the end of this document.

Risks and Effects of Drug and Alcohol Abuse

Using alcohol and other drugs carries risks. Alcohol and drugs impair your judgment, making you more likely to hurt yourself or others, to have trouble with the law, to do poorly at work and school, and to have relationship trouble. Alcohol and drugs also have specific health risks: they can damage major organs, increase your risk of cancers, and even cause death.

Risks to Safety

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 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.
- **Assaults.** Barroom fights 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.

Risks to Health: Alcohol

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

- **Hangovers.** Headaches, nausea, vomiting, aches and pains all result from drinking too much. Drinking to the point of drunkenness makes you sick.

- **Weight gain.** Alcohol is not water. A beer has about 150 "empty" calories that provide few if any nutrients.
- **High blood pressure.** Along with being overweight, high blood pressure is associated with many serious health problems.
- **Depressed immune system.** Impaired immunity makes you more likely to contract viral illnesses such as flu and infections.
- **Cancer.** 2-4% of all cancer cases are related to alcohol. Upper digestive tract cancers are the most common, hitting the esophagus, mouth, larynx, and pharynx. Women who drink prior to menopause are more likely to develop breast cancer. Your risk of skin cancer doubles if you drink slightly more than "moderate levels." Some studies implicate alcohol in colon, stomach, pancreas, and lung cancer. And let's not forget the liver...
- **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.
- **Alcohol poisoning.** Drinking large amounts can result in alcohol poisoning, which causes unconsciousness and even death. Breathing slows, and the skin becomes cold and may look blue. Don't let a person in this condition "sleep it off." Call 911.
- **Heart or respiratory failure.** Excessive drinking can have serious results. Heart or respiratory failure often means death.
- **Alcoholism.** Alcoholism is a disease to which some people seem predisposed. Alcoholics are unable to control their drinking--how much, when, and if. Alcoholism puts you at great risk for other health problems, and it can shorten your life by more than 10 years. Alcoholism cannot be cured, but it can be treated. Through education, treatment, and self-help support such as AA, people can learn to live alcohol-free and feel good.

Other long-term effects of heavy alcohol use include loss of appetite, vitamin deficiencies, stomach ailments, sexual impotence, central nervous system damage, and memory loss.

Risks to Health: Drugs

Like many prescription drugs, "recreational" drugs come with potentially harmful side effects that can have serious and long-term effects on your health.

High doses of many of the drugs, or impure or more dangerous substitutes for these drugs, can cause immediate life-threatening health problems such as heart attack, respiratory failure, and coma. Combining drugs with each other or with alcohol is especially dangerous.

- **Depressants**, such as barbiturates and tranquilizers, are commonly abused prescription drugs. They can cause confusion, disorientation, nausea, seizures, and coma. Overdose or mixing these drugs with alcohol can be fatal.
- **Stimulants**, such as cocaine and amphetamines, can cause increased blood pressure and heart and respiratory rate, headache, blurred vision, dizziness, insomnia, and anxiety. High doses can cause irregular heartbeat, physical collapse, stroke, cardiac arrest, and possible death. Long term effects of use include tremors, seizures, psychosis, and heart or respiratory failure.

- **Narcotics** such as heroin can bring on respiratory and circulatory depression, dizziness, impotence, constipation, and withdrawal sickness. Overdoses can lead to seizures and death.
- **Marijuana** impairs short-term memory and motor coordination, slows reaction time, alters mood, judgment, and decision-making and can cause rapid heart rate. High doses can increase the risk of heart attack, palpitations and arrhythmias. Long-term effects include cognitive problems, infertility, weakened immune system, and lung damage. Research has shown that, in chronic users, marijuana's adverse impact on learning and memory persists after the acute effects of the drug wear off; when marijuana use begins in adolescence, the effects may persist for many years.

Research from different areas is converging on the fact that regular marijuana use by young people can have long-lasting negative impact on the structure and function of their brains. A recent study of marijuana users who began using in adolescence revealed a profound deficit in connections between brain areas responsible for learning and memory. And a large prospective study (following individuals across time) showed that people who began smoking marijuana heavily in their teens lost as much as 8 points in IQ between age 13 and age 38; importantly, the lost cognitive abilities were not restored in those who quit smoking marijuana as adults.

- **Synthetic Marijuana**, also known as “Spice”, can cause rapid heart rate, vomiting, agitation, confusion, and hallucinations, and in some cases, extreme anxiety and paranoia. It can also raise blood pressure and cause reduced blood supply to the heart (myocardial ischemia), and in a few cases it has been associated with heart attacks. Regular users may experience withdrawal and addiction symptoms.

So far, there have been no scientific studies of Spice’s effects on the human brain, but we do know that the cannabinoid compounds found in Spice products act on the same cell receptors as THC, the primary psychoactive component of marijuana. Some of the compounds found in Spice, however, bind more strongly to those receptors, which could lead to a much more powerful and unpredictable effect. Because the chemical composition of many products sold as Spice is unknown, it is likely that some varieties also contain substances that could cause dramatically different effects than the user might expect.

- **PCP**, in addition to triggering unpredictable and violent behavior, can cause dizziness, numbness, high heart rate and blood pressure, convulsions, coma, and in high amounts fatal heart and lung failure or ruptured blood vessels. Long term effects of use include memory loss, difficulties with speech and thinking, depression, and weight loss.
- **LSD** can cause nausea, rapid heart rate, sweating, sleeplessness; anxiety, depression, disorientation, hallucinations, and delusional thinking; numbness, dizziness, weakness, tremors; impulsive behavior; and rapid shifts in emotion. Long-term effects include paranoia, psychosis, flashbacks, and Hallucinogen Persisting Perception Disorder.
- **MDMA** can cause increased heart rate and blood pressure, muscle tension, involuntary teeth clenching, nausea, blurred vision, faintness, and chills or sweating. In high doses, MDMA can interfere with the body’s ability to regulate temperature, which can lead to a sharp increase in body temperature (hyperthermia), which can result in liver, kidney, or

cardiovascular system failure or even death. MDMA is often contaminated with other substances, such as ephedrine (a stimulant), dextromethorphan (a cough suppressant), ketamine, caffeine, cocaine, methamphetamine, or even, most recently, synthetic cathinones (the psychoactive ingredients in “bath salts”). These substances are harmful alone and may be particularly dangerous mixed with MDMA.

- **Synthetic cathinones**, also known as “**bath salts**”, can cause cardiac symptoms (such as racing heart, high blood pressure, and chest pains) and psychiatric symptoms including paranoia, hallucinations, and panic attacks and have been linked to a surge in visits to emergency departments and poison control centers across the country. Patients with the syndrome known as “excited delirium” from taking bath salts also may have dehydration, breakdown of skeletal muscle tissue, and kidney failure. Intoxication from synthetic cathinones has proved fatal in several instances.

Effects on Your Life

Substance abuse and addiction can seriously affect one's life in school, at work, and in relationships.

- **Poor school performance.** Studies show that grades go down as alcohol consumption increases. The average student who has one drink a day earns a GPA of only a C-level. Greater usage is associated with failing grades. 30% of academic problems on college campuses stem from alcohol misuse. Marijuana use is associated with a higher likelihood of dropping out from school, and heavy marijuana users report less academic and career success compared to their peers who came from similar backgrounds.
- **Poor work performance.** People with substance abuse problems miss more work days, are less productive, have more problems with their bosses, and make more mistakes--including on-the-job injuries. Several studies also associate workers' marijuana smoking with increased absences, tardiness, accidents, workers' compensation claims, and job turnover.
- **Relationship trouble.** Substance abuse puts a strain on relationships. Problem drinkers tend to change social circles often and are unable to maintain long term friendships. They alienate themselves from others to hide their excessive consumption. Heavy marijuana users report lower life satisfaction and higher relationship problems compared to their peers who came from similar backgrounds.
- **Personality changes.** Drastic personality changes can result from drinking or using drugs. A normally quiet person may become boisterous or obnoxious, even violent, under the influence of alcohol and other drugs. Marijuana has been linked to "amotivational syndrome" in which people lose interest in their jobs, friends, and lives, and has the potential to cause problems in daily life or make a person's existing problems worse. Drugs such as cocaine, amphetamines, and LSD can cause psychosis.

Sources for the information about risks and effects of drugs and alcohol are:

- National Institute on Drug Abuse, National Institutes of Health, Department of Health and Human Services
- Bowles Center for Alcohol Studies, University of North Carolina

Signs of an Alcohol or Drug Problem

Many people don't realize that young people can have a drinking or drug problem. This list was developed at Johns Hopkins University to help people assess whether they have a substance abuse problem. Ask yourself these 20 questions:

1. Do you lose time from work or school due to your drinking or drug use?
2. Is drinking or drug use making your home life unhappy?
3. Do you drink or use drugs because you are shy with other people?
4. Is drinking or using drugs affecting your reputation?
5. Have you ever felt remorse after drinking or drug use?
6. Have you gotten into financial difficulties as a result of your drinking or drug use?
7. Do you turn to lower companions and an inferior environment when drinking or using drugs?
8. Does your drinking or using drugs make you careless of your family's welfare?
9. Has your ambition decreased since drinking or using drugs?
10. Do you crave a drink or drugs at a definite time daily?
11. Do you want a drink or drugs the next morning?
12. Does drinking or drug use cause you to have difficulty in sleeping?
13. Has your efficiency decreased since drinking or using drugs?
14. Is drinking or using drugs jeopardizing your job or continued enrollment in school?
15. Do you drink or use drugs to escape from worries or troubles?
16. Do you drink or use drugs alone?
17. Have you ever had a complete loss of memory as a result of your drinking or drug use?
18. Has your physician ever treated you for drinking or drug use?
19. Do you drink or use drugs to build up your self-confidence?
20. Have you ever been in a hospital or institution on account of drinking or drug use?

If you answered yes to some of these questions, you have some of the symptoms that indicate a problem with alcohol or drugs. Remember, there is no intelligent reason to deny that you have a health problem. If you think you do have a problem, the most important thing is to do something about it!

Resources for Alcohol and Drug Abuse Prevention, Treatment, and Referrals

In each state there is an agency designated to provide prevention, treatment and rehabilitation services; in Connecticut this agency is the Department of Mental Health and Addiction Services, and in Massachusetts this agency is the Bureau of Substance Abuse Services in the Department of Health and Human Services. 211 services can also provide information and referrals. The website for each agency is below.

Connecticut

- Department of Mental Health and Addiction Services, State of Connecticut
Website: ct.gov/dmhas
- 211 Infoline Connecticut Community Resource Database
Website: infoline.org

Massachusetts

- Bureau of Substance Abuse Services, Department of Health and Human Services, Commonwealth of Massachusetts
Website: mass.gov/dph/bsas
- Massachusetts 211
Website: mass211help.org

The divisions of the National Institutes of Health listed below can provide in depth information about the effects and risks of drugs and alcohol in addition to information about abuse prevention, detection, and treatment. Substance Abuse and Mental Health and Addiction Services has a treatment locator service, 24/7 treatment referral line, and a suicide prevention hotline. The website for each agency is below.

- National Institute on Drug Abuse
Website: drugabuse.gov
- Substance Abuse and Mental Health and Addiction Services
Website: samhsa.gov
- National Institute on Alcohol Abuse and Alcoholism
Website: niaaa.nih.gov

Federal Student Financial Aid Penalties for Drug Law Violations

Federal law provides that a student who has been convicted of an offense under any federal or state law involving the possession or sale of a controlled substance during a period of enrollment for which the student was receiving financial aid shall not be eligible to receive any federal or institutional grant, loan, or work assistance during the period beginning on the date of the conviction and ending after the interval specified in Table 1 below.

Table 1: Drug Convictions and Federal Financial Aid Eligibility

Possession of a Controlled Substance	Ineligibility Period
First Offense	1 year
Second Offense	2 years
Third Offense	Indefinite
Sale of a Controlled Substance	Ineligibility Period
First Offense	2 years
Second Offense	Indefinite

Convictions only count if they were for an offense that occurred during a period of enrollment for which the student was receiving Title IV financial aid—they do not count if the offense was not during such a period. Also, a conviction that was reversed, set aside, or removed from the student's record does not count.

Regaining Eligibility

A student regains eligibility the day after the period of ineligibility ends or when the student successfully completes a qualified drug rehabilitation program. Further drug convictions will make the student ineligible again.

A student whose Title IV eligibility has been suspended indefinitely may regain eligibility only by successfully completing a drug rehabilitation program. A student who is under a one- or two-year penalty may regain eligibility before the expiration of the period of ineligibility by successfully completing a drug rehabilitation program. If the student successfully completes an approved drug rehabilitation program, eligibility is regained on the date the student successfully completes the program. It is the student's responsibility to certify to the school that they have successfully completed a rehabilitation program.

To qualify the student for eligibility, the drug rehabilitation program must include at least two unannounced drug tests, and:

- have received or be qualified to receive funds directly or indirectly under a Federal, State, or local government program; or
- be administered or recognized by a Federal, State, or local government agency or court; or
- have received or be qualified to receive payment directly or indirectly from a Federally- or State-licensed insurance company; or
- be administered or recognized by a Federally- or State-licensed hospital, health clinic or medical doctor.

Completing the FAFSA

Students who are currently enrolled and are completing the FAFSA will need to answer question 23 which asks: "Have you been convicted for the possession or sale of illegal drugs for an offense that occurred while you were receiving federal student aid?" Students who answer "Yes" will be asked an additional series of questions to determine if the conviction affects their eligibility for federal student aid. Students who leave question 23 blank cannot receive federal financial aid until they make a correction to their FAFSA and answer this question. Answering this question falsely, if discovered, could result in fines up to \$20,000, imprisonment, or both.

Legal Sanctions

Porter and Chester Institute is subject to state and federal laws concerning use and possession of alcohol and drugs. Individuals must be aware of and abide by these laws or face legal prosecution.

Connecticut Laws and Sanctions

Alcohol

The misuse of alcohol can result in criminal penalties under Connecticut laws. Anyone under 21 years of age is subject to a fine of \$200 to \$500 if convicted of purchase, or attempt to purchase, or to make a false statement in connection with an attempt to purchase alcohol. Possession of alcohol by a minor is an infraction for a first offense; subsequent offenses bring a fine of \$200 to

\$500. An adult may be held criminally and civilly liable for providing alcohol to a minor and fined up to \$1,500, imprisoned up to 18 months, or both.

For more information, see Chapter 545 Liquor Control Act, Sections 30-86 and 30-89 of the Connecticut state statutes.

Drunk and Drugged Driving

Connecticut state law imposes stiff penalties, including mandatory sentencing and strict enforcement, on individuals who are convicted of driving under the influence of alcohol, a controlled substance, or a hazardous substance. In Connecticut, operating a motor vehicle while under the influence of alcohol and/or drugs is a criminal offense. This offense may be prosecuted with or without any direct evidence of a person's blood alcohol concentration (BAC). The determining factor is whether a person's ability to drive has been impaired.

Under Connecticut's Implied Consent Law any person who operates a motor vehicle has automatically given their consent to be tested to determine their BAC if stopped by a law enforcement officer. In Connecticut the BAC limit is set at 0.08% for drivers over 21 years of age and it is set at 0.02% for those under 21.

If convicted, the person is subject to mandatory administrative per se penalties (license suspension) in addition to criminal penalties. The criminal and administrative penalties are outlined on the tables below.

Table 2: DUI Criminal Penalties (Connecticut)

Conviction	Prison Sentence	Fine	License Suspension
First	Either (a) up to six months with a mandatory minimum of two days or (b) up to six months suspended with probation requiring 100 hours of community service	\$500- \$1,000	45 days, followed by one year driving only a vehicle equipped with an ignition interlock
Second (Under Age 21)	Up to two years, with a mandatory minimum of 120 consecutive days and probation with 100 hours community service	\$1,000- \$4,000	45 days or until age 21, whichever is longer, followed by three years of driving only a vehicle equipped with an ignition interlock
Second (Age 21 or older)	Up to two years, with a mandatory minimum of 120 consecutive days and probation with 100 hours community service	\$1,000- \$4,000	45 days, followed by three years of driving only a vehicle equipped with an ignition interlock
Third and Subsequent	Up to three years, with mandatory minimum of one year and probation with 100 hours community service	\$2,000- \$8,000	Permanent Revocation (Eligible for reinstatement after six years. If reinstated, must drive only interlock-equipped vehicles for 10 years from date of reinstatement.)

The administrative per se penalties (license suspension periods) outlined below have been revised recently and are imposed in addition to criminal penalties. In most cases, the driver's license sanctions will be imposed much earlier. In all cases, they will be imposed in addition to criminal penalties and will appear on your driving record.

**Table 3: DUI Driver’s Administrative License Suspension
Drivers between the Ages 18 to 20**

Blood Alcohol Level	First Offense	Second Offense	Third Offense
Refusal to submit to a blood, breath or urine test	1 year	2 years	6 years
Test results of .02 or higher; up to, but not including, .16	6 months	18 months	4 years
Test results of .16 or higher	240 days	20 months	5 years

**Table 4: DUI Driver’s Administrative License Suspension
Drivers 21 Years Old and Older**

Blood Alcohol Level	First Offense	Second Offense	Third Offense
Refusal to submit to a blood, breath or urine test	6 months	1 year	3 years
Test results of .08 or higher; up to, but not including, .16	90 days	9 months	2 years
Test results of .16 or higher	120 days	10 months	2 1/2 years

For more information about drunk and drugged driving see Chapter 248 Vehicle Highway Use, Section 14-227, of the Connecticut state statutes.

Controlled Substances

Possession

It is illegal for any person to possess or have under his or her control any narcotic, hallucinogenic, or other controlled substance unless otherwise authorized by law (e.g., controlled substances obtained by prescription). The penalty for personal drug possession in Connecticut depends on a number of different factors, including the amount and type of drug, where the criminal act takes place, and whether the criminal act was a first or repeat offense.

For drug possession offenses, the statutorily authorized penalties range from a \$150 fine, for a first offense of possession of less than ½ ounce of marijuana, up to 25 years’ imprisonment, a \$250,000 fine, or both for three or more convictions for possession of narcotics. The possession of less than ½ ounce of marijuana is not a crime, but is punishable by fines (and other penalties in certain circumstances). Penalties for drug possession crimes are generally enhanced when they occur within 1,500 feet of a school or licensed day care center.

Table 5 below shows the drug possession offenses and the penalties authorized by the state of Connecticut.

Table 5: Drug Possession Offenses (Connecticut)

Offense Descriptions	Authorized Penalties
Less than ½ oz. marijuana	First offense: \$150 fine Subsequent offenses: \$200 to \$500 fine (three-time violators must attend drug education, at their own expense) Violators must follow the procedures the law sets for infractions (e.g., they can pay the fine by mail) 60-day suspension of the driver's license or nonresident operating privileges of anyone under age 21 who is convicted of a violation. If the person does not

Offense Descriptions	Authorized Penalties
	have a license, he or she is ineligible for one for 150 days after meeting all licensing requirements.
Narcotics (i.e., heroin, cocaine, and crack)	First offense: up to 7-year prison term, up to a \$50,000 fine, or both Second offense: up to 15-year prison term, up to a \$100,000 fine, or both Subsequent offenses: up to 25-year prison term, up to a \$250,000 fine, or both
At least 4 oz. of marijuana or any quantity of other hallucinogens	First offense: Penalty is a class D felony, punishable by up to 5-year prison term, up to a \$5,000 fine, or both. Subsequent offenses: Penalty is a class C felony, punishable by 1- to 10-year prison term, up to a \$10,000 fine, or both
Any other illegal drug or at least 1/2 oz. but less than 4 oz. of marijuana	First offense: up to 1-year prison term, up to a \$1,000 fine, or both Subsequent offenses: Penalty is a class D felony, punishable by up to 5-year prison term, up to a \$5,000 fine, or both
Possession of 1/2 oz. or more of marijuana or any quantity of other illegal drugs within 1,500 feet of (1) an elementary or secondary school by someone who is not attending the school or (2) a licensed day care center identified as such by a sign posted in a conspicuous place	Mandatory 2-year prison term running consecutively to the prison term imposed for the underlying possession crime

Drug Sales

It is illegal for anyone to manufacture, distribute, sell, prescribe, dispense, compound, transport with intent to sell or dispense, possess with intent to sell or dispense, offer, give, or administer to another any controlled substance, except as otherwise authorized by law. As with possession, the penalty for these actions depends on a number of different factors. These include the amount and type of drug, where the criminal act takes place, whether the offender is addicted to drugs, the offender's age, the buyer's age, and whether the criminal act was a first or repeat offense.

There are mandatory minimum prison terms for several crimes involving drug sales or related actions, although a judge can depart from the mandatory minimum for certain crimes under certain circumstances. The penalties are generally enhanced when the crimes occur within 1,500 feet of a school or licensed day care center.

Table 6 shows examples of drug sale crimes and penalties authorized by the state of Connecticut.

Table 6: Drug Sales Offenses (Connecticut)

Offense Descriptions	Authorized Penalties
Sale by a nonaddicted person of at least 1 oz. of heroin or methadone; ½ oz. of cocaine or crack; or 5 mg. of LSD	Mandatory minimum 5- to 20-year prison term with a possible maximum term of life imprisonment
Sale by a nonaddicted person of at least 1 kg. of marijuana or any amount of narcotics, amphetamines, or other hallucinogens	First offense: mandatory minimum 5- to 20-year prison term Subsequent offenses: mandatory minimum 10- to 25- year prison term
Sale by nonaddicted adult of drugs to a minor at least two years younger	Mandatory 2-year prison term running consecutively to prison term imposed for the underlying crime
Sale of illegal drugs within 1,500 feet of (1) an elementary or secondary school, (2) a licensed day care center identified as such by a sign posted in a conspicuous place, or (3) a public housing project	Mandatory 3-year prison term running consecutively to prison term imposed for the underlying crime
Sale of any narcotics or hallucinogens other than marijuana	First offense: up to 15-year prison term, up to a \$50,000 fine, or both Second offense: up to 30-year prison term, up to a \$100,000 fine, or both Subsequent offenses: up to 30-year prison term, up to a \$250,000 fine, or both
Sale of any other illegal drug	First offense: up to 7-year prison term, up to a \$25,000 fine, or both Subsequent offenses: up to 15-year prison term, up to a \$100,000 fine, or both

For more information about state regulations regarding controlled substances see Chapter 21a-420b Dependency Producing Drugs, Sections 277, 278 and 279, of the Connecticut state statutes.

Massachusetts Laws and Sanctions

Alcohol

The misuse of alcohol can result in criminal penalties under Massachusetts laws. A minor in Massachusetts may not purchase, attempt to purchase, or arrange for someone else to purchase alcoholic liquor on the minor’s behalf or use false identification or misrepresent their age to obtain alcohol; a violation results in a fine of up to \$300, and the sentencing court will report the conviction to the registrar of motor vehicles, who will suspend the offender’s license for 180 days. The law prohibits minors from knowingly possessing, transporting, or carrying alcohol and is punishable by a fine of not more than \$50 for the first offense and not more than \$150 for a second or subsequent offense. The sentencing court will report the conviction to the registrar of motor vehicles, who will suspend the offender’s license for 90 days. It is illegal to provide alcohol for a person under 21 years of age; a violation is punishable by a \$2,000 fine, imprisonment for not more than one year, or both.

For more information, see Chapter 138 Section 34 (a), (b), and (c), of the Massachusetts state statutes.

Drunk and Drugged Driving

Driving under the influence of alcohol in Massachusetts is a criminal offense that is punishable by a fine and/or imprisonment. In Massachusetts the Blood Alcohol Content (BAC) limit is set at 0.08% for drivers over 21 years of age and it is set at 0.02% for those under 21.

Under Massachusetts' Implied Consent Law any person who operates a motor vehicle has automatically given their consent to be tested to determine their blood alcohol concentration if stopped by a law enforcement officer. Refusing to take the chemical test will result in your license being revoked for 180 days for first offense, for three years second offense within three years, for five years for third offense within five years, and for your lifetime for the fourth and subsequent offense. For those between 18 and 21 years and who refuse to submit to a test, his/her license will be suspended for 30 plus 180 days for first offense, three years plus 180 days for second offense, five years plus 180 days for third offense and for your lifetime for fourth and subsequent offense. Those under 18 years who refuse to submit to a test will have his/her license suspended for three years plus one year for first offense, three years plus one year for second offense, five years plus one year for third offense and for your lifetime for fourth and subsequent offense.

Penalties for violations vary depending on prior OUI offenses. If convicted, the person is subject to mandatory administrative per se penalties (license suspension) in addition to criminal penalties. The criminal and administrative penalties for drivers who are over the age of 21 are outlined below in Table 7.

Table 7: DUI Criminal and Administrative Penalties (Massachusetts)

Conviction	Prison Sentence	Fine	License Suspension
1st Offense	None - 2½ years	\$500-\$5,000	1 year
2nd Offense	30 days - 2½ years	\$600 - \$10,000	2 years
3rd Offense (felony)	180 days - 5 years	\$1,000 - \$15,000	8 years
4th Offense (felony)	1 - 5 years	\$1,500 - \$25,000	10 years
5th Offense (felony)	2 - 5 years	\$2,000 - \$50,000	Lifetime

An alternative case disposition of probation, mandatory participation in drug counseling and/or treatment, and license suspension may be available for non-felony offenses.

It is illegal to drive under the influence of marijuana in Massachusetts. If convicted of drugged driving, a person can be sentenced to house arrest for 30 months and have to pay a fine in addition to losing his or her license for a year. Subsequent offenses cause the person to have to go to jail for 60 days to 5 years and lose his or her license for up to 8 years.

Actions for Drivers under 21 years of age

1. If a driver fails the chemical test, their license will be suspended for 30 days plus 180 days- the latter may be waived off if the driver undertakes an [alcohol education course approved by the Department of Public Health \(DPH\)](#).
2. The license may be suspended or revoked for 30 days after the first conviction, for 90 days after the second conviction, and for a full year following the third or subsequent conviction.
3. The court may order a minor's license to be suspended for 180 days for the first conviction or suspended for one year for a subsequent conviction for any alcohol or drug-related offense (including possession and use) while driving; or a second offense of possessing or using alcohol by someone between 16½ - 18; or for changing or lying on your driver license, or even possessing an open alcoholic beverage container in addition to other penalties. If the driver fails the chemical test, their license will be suspended for 30 days plus one year- the latter may be reduced to 180 days if they undertake an [alcohol education course approved by the Department of Public Health \(DPH\)](#).
4. Apart from these actions, penalties mentioned above for drivers over 21, may also apply to minors if they are convicted of DUI/DWI.

For more information about drunk and drugged driving see the Registry of Motor Vehicles website or Chapter 90 Motor Vehicles and Aircraft, Section 24 Drunk Driving, of the Massachusetts state statutes.

Controlled Substances

Possession

It is illegal for any person to possess or have under his or her control any narcotic, hallucinogenic, or other controlled substance unless otherwise authorized by law (e.g., controlled substances obtained by prescription). The penalty for personal drug possession in Massachusetts depends on a number of different factors, including the amount and type of drug, where the criminal act takes place, and whether the criminal act was a first or repeat offense. In general, use of narcotic and addictive drugs, and drugs with high potential for abuse, have heavier penalties.

If you are convicted of any drug offense, whether in Massachusetts or in another state, your Massachusetts operator's license will be suspended. Even if no motor vehicle was involved in the offense, Massachusetts law requires operators to lose operating privileges for a period of one to five years, depending on the conviction.

First-time possession offenses, regardless of quantity, result in the suspension of the offender's driver's license for a one year minimum. Possession penalties for first offenses can result in up to two years in prison and up to a \$5,000 fine. Massachusetts makes it illegal to be in a place where heroin is kept and to be "in the company" of a person known to possess heroin; this carries a penalty of up to one year in prison and \$1,000 fine.

Massachusetts officially legalized marijuana possession on December 15, 2016 for adults 21 years of age or older. Although licenses for cultivation, manufacture, testing and retail sales will not be issued until mid 2018, certain personal use provisions are currently allowed. It should be noted that personal use of marijuana is subject to local control and significant limitations

pertaining to operating under the influence; amount of marijuana allowed; transfer, manufacture, or adulteration of product; use in employment or certain public places; and negligent conduct/use, and there are penalties for not abiding by these regulations. The law is evolving in the area of personal use marijuana. To keep pace with the regulations as they change, see Chapter 94G: Regulation of the Use and Distribution of Marijuana not Medically Prescribed of the Massachusetts state statutes.

While penalties for possession are not as great as for manufacture and distribution of drugs, possession of a relatively large quantity may be considered distribution. Under state laws, penalties are much greater for second and subsequent convictions. Table 8 contains the penalties for drug possession under Massachusetts state law.

Table 8: Drug Possession Offenses (Massachusetts)

Offense Descriptions	Authorized Penalties
Class A Drugs: such as Heroin Morphine GHB Ketamine (Special K)	First offense: Maximum 2 years in prison or \$2,000 fine, or both Subsequent offenses: (Felony) 5 years in prison, \$5,000 fine, or both
Class B Drugs: such as Cocaine Crack Amphetamines LSD PCP MDMA Oxycontin	First offense: Maximum 1 year in prison, or \$1,000 fine, or both Subsequent offenses: Maximum 2 years in prison, or \$2,000 fine, or both
Class C Drugs: such as Prescription tranquilizers and narcotics such as Diazepam and Hydrocodone Peyote Mescaline	First offense: Maximum 1 year in prison, or \$1,000 fine, or both Subsequent offenses: Maximum 2 years in prison, or \$2,000 fine, or both Because many drugs within this classification are prescription drugs, you can face additional charges if you are using the prescription of another person or using fraudulently obtained scripts
Class D Drugs: such as Marijuana Hashish Phenobarbital	First offense: 6 months in prison, \$500 fine, or both. Subsequent offenses: up to 2-year prison term or up to a \$2,000 fine, or both A person who is at least 21 years of age and who cultivates more than 6 but not more than 12 marijuana plants or who possesses an amount of marijuana outside of his or her place of residence having a weight of more than 1 ounce but not more than 2 ounces is subject to a civil penalty of not more than \$100 and forfeiture of the marijuana but is not subject to any other form of criminal or civil punishment It is illegal for minors to possess marijuana. Minors under the age of 18 have to complete a drug awareness program instead of paying the fine. The

Offense Descriptions	Authorized Penalties
	court must notify the minor’s parents about this requirement. If the minor fails to complete the program within one year of citation, he or she must pay a \$1,000 fine, and the parents are also liable for this fine.
Class E Drugs: such as Prescription narcotics containing codeine (Tylenol #3), morphine, or opium. Also other unclassified drugs include various tranquilizers and medicine like Xanax (Niravam, Alprazolam), Quetiapine (Seroquel), Clonidine, Gabapentin, Trazodone, Bupropion (Wellbutrin).	First offense: 6 months in prison, \$500 fine, or both. If you are convicted of a first offense and have no other drug-related convictions or felonies on your record, you may be entitled to probation (no jail time). Further, if you successfully complete probation for this offense, your record will automatically be sealed (except from law enforcement). However, there are many variables that can change this, depending on the drug and the potency of it. Because many drugs within this classification are prescription drugs, you can face additional charges if you are using the prescription of another person or using fraudulently obtained scripts

Drug Sales

It is illegal for anyone to manufacture, distribute, sell, prescribe, dispense, compound, transport with intent to sell or dispense, possess with intent to sell or dispense, offer, give, or administer to another any controlled substance, except as otherwise authorized by law. As with possession, the penalty for these actions depends on a number of different factors. These include the amount and type of drug, where the criminal act takes place, and whether the criminal act was a first or repeat offense. You can be charged with a school zone violation if you are within 1000 feet of a school of any kind, or 100 feet of a park or playground, regardless of whether you had any intention of distributing within that zone.

Massachusetts officially legalized marijuana possession in December 2016 for adults 21 years of age and older, but it is still illegal to sell marijuana in the commonwealth of Massachusetts, except in the case of a registered medical marijuana dispensary filling a prescription authorized by a certifying physician for a qualifying patient. Regulated, licensed retail shops for personal use marijuana are expected to open in Massachusetts sometime in 2018, and these will be the only businesses allowed to sell personal use marijuana legally.

There are mandatory minimum prison terms for most crimes involving drug sales or related actions. Examples of the mandatory sentencing requirements for drug sales in Massachusetts are in the Table 9 below.

Table 9: Drug Sales Offenses (Massachusetts)

Offense Descriptions	Authorized Penalties
Class A Drugs	<ul style="list-style-type: none"> ▪ 14 grams up to 28 grams : mandatory minimum of 5 years to 20 years in prison ▪ 28 grams up to 100 grams : mandatory minimum of 7 years to 20 years in prison ▪ 100 grams up to 200 grams : mandatory minimum of 10 years to 20 years in prison ▪ 200 grams or more : mandatory minimum of 15 years to 20 years in prison
Class B Drugs	<ul style="list-style-type: none"> ▪ 14 grams up to 28 grams : mandatory minimum of 3 to 15 years in prison ▪ 28 grams up to 100 grams : mandatory minimum of 5 to 20 years in prison ▪ 100 grams up to 200 grams : mandatory minimum of 10 to 20 years in prison ▪ 200 grams or more : mandatory minimum of 15 to 20 years in prison

Class D Drugs	<ul style="list-style-type: none"> ▪ 50 lbs up to 100 lbs : mandatory minimum of 1 year, up to 15 years in prison ▪ 100 lbs up to 2000 lbs : mandatory minimum of 3 years to 15 years in prison ▪ 2000 lbs up to 10,000 lbs : mandatory minimum of 5 years to 15 years in prison ▪ 10,000 lbs or more : mandatory minimum of 10 years to 15 years in prison
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For more information about state regulations regarding controlled substances see Chapter 94C Controlled Substances Act, Sections 31, 32, 34, and 35, and Chapter 94G Regulation of the use and Distribution of Marijuana not Medically Prescribed, of the Massachusetts state statutes.

Federal Laws and Sanctions regarding Controlled Substances

Controlled substance convictions under federal laws carry penalties ranging from up to one year imprisonment and a minimum fine of \$1,000 for simple possession to up to life imprisonment and a fine of not more than \$20,000,000 for an individual engaging in a continuing criminal enterprise. Federal controlled substance convictions also can lead to forfeiture of both real and personal property; the denial of federal benefits, such as grants and student loans; and the denial of federally-provided or supported professional and commercial licensures. The seriousness of the offense and the penalty imposed generally depends on the type and amount of the drugs involved.

Federal law penalizes the manufacture, distribution, possession with intent to sell or distribute, and simple possession of drugs (“controlled substances”) under Controlled Substances Act 21 U.S.C. Section 841, 842[b], 844, 845, 846. The law sets the following sentences for first-time offenders:

- A minimum of ten years and a maximum of life imprisonment or \$10,000,000 or both for the knowing or intentional manufacture, sale or possession with intent to sell, of large amounts of any narcotic, including heroin, morphine, or cocaine (which includes “crack”), or of phencyclidine (PCP), or of LSD, methamphetamine, or of marijuana (1,000 kilograms or more);
- A minimum of five years and maximum of forty years or \$5,000,000 or both for similar actions involving smaller amounts of any narcotic, including heroin, morphine, or cocaine (which includes “crack”), or phencyclidine (PCP), or of LSD, methamphetamine, or of marijuana (100 kilograms or more);
- A maximum of five years or \$250,000 or both for similar actions involving smaller amounts of marijuana (less than 50 kilograms), hashish, hashish oil, PCP or LSD, or any amounts of amphetamines, barbiturates, and other controlled stimulants and depressants
- One year or \$1,000 or both for possession of any controlled substance. The mandatory minimum sentencing provisions do not apply for offenses involving 5 grams or less of marijuana.

Penalties may be doubled, however, when a person at least 18 years old [1] distributes a controlled substance to a person under 21 years of age (a term of imprisonment for this offense shall not be less than one year) and/or [2] distributes, possesses with intent to distribute, or manufactures a controlled substance in, or on, or within on thousand feet of the real property comprising a public or private elementary, vocational or secondary school, or a public or private

college. Any attempt or conspiracy to commit one of the above federal offenses, even if unsuccessful, is punishable by the same sentence prescribed for that offense.

For more information, visit the U.S. Drug Enforcement Administration website at dea.gov and choose “Controlled Substances Act” to read the current statutes. To view a complete table of drug offense penalties go to the DEA website: www.justice.gov/dea/druginfo/ftp3.shtml

Keep in mind that state and federal statutes are amended regularly and the information above serves as a general indication of the seriousness of drug and alcohol law violations and is not an exhaustive list of penalties.

Drug-Free School and Workplace Statement

Porter and Chester Institute (PCI) promulgates this statement to notify its employees and students that, because it is and wishes to remain a Federal grantee, it is Porter and Chester’s policy to maintain a drug-free workplace and school. All employees and students are hereby notified that the unlawful manufacture, distribution, possession or use of alcohol, illegal drugs (see footnote), or any controlled substance is prohibited at Porter and Chester Institute locations or as any part of the school’s activities. As a condition of employment or attendance at PCI, every employee and student must:

1. Abide by the terms of this statement; and
2. Notify the Director of any criminal drug statute conviction for a violation occurring at the school or workplace no later than five days after such conviction.

Upon such notification, PCI must notify the U.S. Department of Education within ten days and take one or more of the following actions with respect to any student or employee so convicted:

1. Take appropriate action up to and including dismissal or termination of employment; and/or
2. Require such employee or student to participate satisfactorily in drug abuse assistance or rehabilitation program approved for such purpose by a federal, state or local health, law enforcement or other appropriate agency.

In addition to making a good faith effort to maintain a drug-free school and workplace through implementation of all of the above, PCI will establish and maintain a drug and alcohol abuse awareness program to inform and educate students and employees about:

1. Porter and Chester Institute’s policy of maintaining a drug-free workplace and school;
2. Information on preventing drug and alcohol abuse, including:
3. A description of sanctions under local, state and federal law for unlawful possession, use or distribution of illicit drugs and alcohol
4. Any available drug/alcohol counseling, treatment, rehabilitation, or EAP programs;
5. A description of the health risks associated with the use of illicit drugs or alcohol; and
6. The penalties that may be imposed upon employees from drug abuse violations occurring in the workplace.

For purposes of this statement, the site for performance of work done in connection with the grant, and thus the drug-free school and workplace, consists of the following locations. (“Locations” is defined as all of the areas enclosed by the exterior walls and roofs of the buildings, all of the grounds and parking lots enclosed by the boundaries of the premises, and all of the air space above the buildings or premises.)

• 609 Belmont St, Brockton, MA	• 30 Waterchase Drive, Rocky Hill, CT
• 1984 Westover Rd, Chicopee MA	• 670 Lordship Boulevard, Stratford, CT
• 1994-1998 Westover Road, Chicopee, MA	• 305 Hathaway Drive, Stratford, CT
• 220 Brooks Street, Worcester, MA	• 881 Wolcott Street, Waterbury, CT
• 33 Palomba Drive, Enfield, CT	• Porter and Chester Institute of Hamden
• 470 Bank Street, New London, CT	1245 Dixwell Avenue, Hamden CT

FOOTNOTE: Illegal drugs include the following non-prescription substances:

Narcotics: opium, heroin, morphine and synthetic substitutes
 Depressants: chloral hydrate, barbiturates and methaqualone
 Stimulants: cocaine (and derivatives such as crack) and amphetamines
 Hallucinogens: LSD, mescaline, PCP, peyote, psilocybin and MDMA
 Cannabis: marijuana and hashish