

### Short-Term Health Risks

Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These are most often the result of binge drinking and include the following:

- Injuries, such as [motor vehicle crashes](#), falls, drownings, and burns.
- Violence, including homicide, suicide, sexual assault, and intimate partner violence.
- Alcohol poisoning, a medical emergency that results from high blood alcohol levels.
- Risky sexual behaviors, including unprotected sex or sex with multiple partners. These behaviors can result in unintended pregnancy or sexually transmitted diseases, including HIV.
- Miscarriage and stillbirth or [fetal alcohol spectrum disorders \(FASDs\)](#) among pregnant women.

### Long-Term Health Risks

Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems including:

- High blood pressure, heart disease, stroke, liver disease, and digestive problems.
- [Cancer](#) of the breast, mouth, throat, esophagus, voice box, liver, colon, and rectum.<sup>6,17</sup>
- Weakening of the immune system, increasing the chances of getting sick.
- Learning and memory problems, including dementia and poor school performance.
- Mental health problems, including depression and anxiety.
- Social problems, including family problems, job-related problems, and unemployment.
- Alcohol use disorders, or alcohol dependence.

## Available Treatment and Support programs

[Student Health Center](#) 707-654-1170

[Counseling and Psychological Services \(CAPS\)](#) 707-654-1170

[Alcoholics Anonymous \(24 hrs\)](#) 707-643-8217

### [ATOD Resources](#)

<https://www.csum.edu/student-health-center/atod-advisory-committee/atod-resources.html>

[E-check up to go](#) – interactive web program that allows students to enter information about their substance use patterns and receive immediate, personalized feedback about their use of alcohol, cannabis, or nicotine. The resource is free for Cal Maritime cadets and available online 24-7.

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*Drug Free Schools  
and Campuses Act  
(DFSCA) Annual  
Notification*

## What is our Campus Drug Free Policy?

### Drug Free Campus Policy Statement

Cal Maritime prohibits the unlawful possession, use, sale, or distribution of alcohol and illegal drugs by students, faculty, and staff on its property, training vessels, or as part of any Cal Maritime sponsored activity.

In accordance with the Drug-Free Schools and Communities Act (DFSCA) of 1989, also known as the Drug-Free Schools and Campuses Act, it is the practice at Cal Maritime to remain compliant with CSU and Federal Government directives.

### TOBACCO / NO SMOKING POLICY

Effective September 1, 2017, all California State University campuses shall be 100% Smoke Free and Tobacco Free. Therefore, smoking, the use or sale of tobacco products, and the use of designated smoking areas are prohibited at Cal Maritime. This applies to the Training Ship GOLDEN BEAR.

### DRUG TESTING

All cadets are required to participate in the mandatory Drug Testing Program that includes testing for reasonable cause/suspicion, post-incident, return to duty and follow-up and random testing. This program is consistent with the U.S. Department of Transportation (DOT) Drug Testing regulations.

Specific procedures are available from the Office of the Commandant.

Drug testing includes screening for: alcohol, marijuana and its active ingredients, cocaine, opiates, amphetamines, and phencyclidine (PCP).

## All Residence Halls at Cal Maritime are alcohol, tobacco, vape, & drug free

### Discipline and Sanctions

Sanctions may range from a warning to suspension/dismissal from the University or loss of organizational status, depending on the nature of the violation and circumstances, and may also include referral to law enforcement agencies for prosecution.

Persons who unlawfully furnish alcoholic beverages to others who are not of legal drinking age may be liable for personal injuries or property damages resulting from misconduct committed by the underage persons.

The [Amnesty Policy](#) is designed to encourage cadets to call for medical assistance when faced with any situation that involves the use (or abuse) of drugs or alcohol. This protocol removes punitive sanctions for first-time infractions involving alcohol and/or other drugs and substances for both the person making the call for help as well as the person experiencing the medical emergency.

### Drug Free Workplace

The CSU is committed to maintaining a workplace free from unlawful manufacture, possession, distribution, dispensation, or use of a controlled substances. Violation of this policy may result in disciplinary action, up to and including dismissal.

In accordance with [Executive Order 930](#) the CSU is committed to maintaining a workplace environment free from the unlawful manufacture, possession, distribution, dispensation or use of any controlled substances. Employees violating this policy are subject to discipline up to and including dismissal. In addition to, or in lieu of discipline, CSU may require employees violating the policy to participate in a drug-use rehabilitation program.

## Drug Free Workplace cont...

### Proposition 64 Does Not Alter Policy

The recent passage of Proposition 64 by California voters does not alter the Drug-Free Workplace Policy. Marijuana remains a controlled substance under federal law. Nothing in Proposition 64 changes the obligations of CSU to maintain a drug-free community, prevent illegal drug use, and discipline employees who unlawfully manufacture, possess, distribute, dispense, or use illegal drugs on university property or activities.

### Employee Assistance Program/Medical Plans

The CSU recognizes drug and alcohol dependency as a treatable condition and offers employee support programs for individuals with substance dependency problems. Employees are encouraged to seek assistance for drug and alcohol related problems. Employees can contact CSUCO Benefits Officer, [Carol Sanchez](#) (co-benefits@csulb.edu) to learn what services are covered for substance abuse under your individual [CSU Medical Insurance Plan](#).

The CSU [Employee Assistant Program \(EAP\)](#) is offered through [mylifematters.com](#). The program provides information, evaluation, counseling, and referral service to employees seeking assistance with personal, emotional, substances abuse or chemical dependency.

For questions regarding the CSU Employee Assistance Program please contact [Desi Ballat-Dyson](#), [dballat-dyson@calstate.edu](mailto:dballat-dyson@calstate.edu) or [humanresources@csum.edu](mailto:humanresources@csum.edu).