



DRUG-FREE SCHOOLS AND COMMUNITIES ACT (DFSCA) 2025

BIENNIAL REVIEW

ACADEMIC YEARS

2023-2024

2024-2025

TEXAS A&M UNIVERSITY-TEXARKANA



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Introduction

Texas A&M University - Texarkana, is a comprehensive, regional four-year public university located in Texarkana, Texas. The university was first established as an upper-level center of East Texas State University (ETSU) at Commerce, Texas in 1971 with a mission to serve transfer students and working adults in the Texarkana area. The institution began offering classes in Texarkana, initially sharing facilities with local schools and businesses in 1973 before receiving separate accreditation in 1980. In 1996, the university joined the A&M System, and in 2009, Texas A&M-Texarkana became a full four-year graduate institution. In 2010, the institution moved to a beautiful new campus adjacent to Bringle Lake Park in north Texarkana where it has continued to grow to accommodate more prospective students.

As a member of The Texas A&M University System, one of the largest and most distinguished higher education systems in the nation, we provide our students with a world-class education in a supportive, family-like community. A&M-Texarkana offers dozens of academic programs in high-demand fields and consistently works with business and industry partners to implement new programs and degrees that meet the needs of the modern job market and prepare graduates to succeed in their chosen field from day one. The university provides a high-quality education to learners of all ages by providing access to world-class professors via flexible learning experiences offered 100% online, hybrid, and face-to-face. A&M- Texarkana currently offers more than 40 student organizations, Greek life, intramural sports, leadership programs, 21 intercollegiate sports, volunteer organizations, and is continuing to expand to stay on course with increasing record enrollment at the institution.

Texas A&M University- Texarkana formally established an alcohol and drug program to address substance abuse prevention and treatment for students, faculty and staff on campus. The program provides education, intervention and referral of employees and students with substance abuse problems. The Drug and Alcohol Awareness and Prevention Programs Biennial Review is implemented through a cooperative effort of the following departments who have focused efforts to implement programs to promote

a healthy environment for the university community and enforce regulations for the prevention of alcohol and drug abuse:

Student Affairs

University Police Department

Human Resources

Student Counseling Services

Compliance & Ethics

Athletics

Academics

The Drug and Alcohol Awareness and Prevention Committee reviews the effectiveness of current alcohol and drug programs at the university to ensure that compliance is being met with the U.S. Department of Education reporting requirements for [The Drug-Free Schools and Campuses Regulations \[EDGAR Part 86\]](#).

Texas A&M University – Texarkana’s Policy Regarding Drug and Alcohol Use

Texas A&M University-Texarkana is committed to a drug-free environment and protecting the safety, health, and well-being of all employees and students. The use of illicit drugs and alcohol may have a detrimental impact on the University and its ability to achieve its mission. The university formally established an alcohol and drug program to address substance abuse prevention and treatment and to comply with Federal regulations in accordance with the Drug-Free Workplace Act of 1988, the Drug-Free Workforce Rules for Department of Defense (DoD) Contractors, and the Drug-Free Schools and Communities Act of 1989. The program provides education, intervention and referral of employees and students with substance abuse problems. Individuals who violate alcohol or drug policies and laws may be subject to sanctions by the university. In order to maintain compliance with federal, state and local laws, Texas A&M University developed a Rule in conjunction with the Texas A&M System Policy and Regulation outlining the guidelines for implementation of the drug and alcohol abuse program to prevent the use of these substances by students and employees.

[TAMUT Rule 34.02.01.H1 - Drug Free Workplace and Campus](#)

[System Policy 34.02 - Drug and Alcohol Abuse](#)

[System Regulation 34.02.01 - Drug and Alcohol Abuse and Rehabilitation Programs](#)

Standards of Conduct for Students and Employees

According to the Texas A&M University- Texarkana rule regarding having a drug free workplace and campus, students and employees who violate this rule may be subject to disciplinary action including termination, expulsion, and/or referral for prosecution. Additionally, employees are prohibited from using or being under the influence of controlled substances during working hours unless it is being used legally as prescribed by a licensed physician in the correct manner, combination and quantity described. Furthermore, students are subject to the policies regarding alcohol and drugs that can be found in the [Student Code of Conduct](#) in which possible sanctions/penalties are outlined according to a matrix. However, it is important to note that the matrix is not a one-size-fits all for every alcohol and drug violation and that possible sanctions can occur singularly or in combination with other possible sanctions. Possible sanctions include but are not limited to education to increase self-awareness, conduct warnings, community service, restitution/monetary fine, restricted access to certain areas and/or services, conduct probation, no contact order, housing eviction, suspension, expulsion from the university, banned from campus, and interim suspension. Appropriate sanctions are determined based off the nature of the violation, the student’s role in the incident, the impact on the campus community, previous history of misconduct and the student’s current conduct status. The general guidance provided by the sanctioning matrix for drug and alcohol violations is as follows:

Category	Example Violations	Possible Sanctions (First Violation)	Possible Sanctions (Repeated/Severe)	Notes
Alcohol Violations	Underage possession, public intoxication	Online alcohol education, warning, probation	Parental Notification, Disciplinary Probation, Suspension	Escalates with repeated behavior or harm to others
Drug Violations	Possession or use of illegal substances	Drug education, probation, loss of privileges	Suspension, removal from housing, expulsion	Distribution or manufacturing leads to stronger sanctions

Laws Governing Alcohol and Drugs

Due to the Controlled Substances Act, drugs that are regulated are formally separated into five schedules which determines the severity of the punishment for the possession, manufacturing or delivery of specific substances. The factors that determine what schedule a drug is placed into include the actual/potential of abuse, pharmacological evidence regarding the effects of the drug, all scientific knowledge pertaining to the drug, the history and pattern of abuse of the drug, the scope, duration and significance of abuse, the risk it poses to public health, the dependence liability of the drug, and if the drug is a precursor to another substance that is already controlled. The five schedules of drugs take these factors into consideration and give varying degrees of how different drugs are viewed in potential of being at high risk versus low risk for potential abuse by individuals.

The schedules are as follows:

Schedule I	<ul style="list-style-type: none"> ➤ High potential for abuse ➤ No current accepted medical use ➤ Lack of accepted safety for use under medical supervision 	<ul style="list-style-type: none"> ➤ Heroin ➤ GHB ➤ LSD ➤ Marijuana ➤ Methaqualone ➤ Flualprazolam ➤ Etizolam
Schedule II	<ul style="list-style-type: none"> ➤ High potential for abuse ➤ Current accepted medical use (severe restrictions) ➤ Severe psychological or physical dependence 	<ul style="list-style-type: none"> ➤ Morphine ➤ PCP ➤ Cocaine ➤ Methadone ➤ Hydrocodone ➤ Fentanyl ➤ Methamphetamine
Schedule III	<ul style="list-style-type: none"> ➤ Less potential for abuse compared to I and II ➤ Current accepted medical use 	<ul style="list-style-type: none"> ➤ Anabolic steroids

	<ul style="list-style-type: none"> ➤ Moderate/low physical dependence or high psychological dependence 	<ul style="list-style-type: none"> ➤ Codeine products with aspirin or acetaminophen ➤ Some barbiturates
Schedule IV	<ul style="list-style-type: none"> ➤ Low potential for abuse compared to III ➤ Current accepted medical use ➤ Limited physical or psychological dependence 	<ul style="list-style-type: none"> ➤ Alprazolam ➤ Clonazepam ➤ Diazepam
Schedule V	<ul style="list-style-type: none"> ➤ Low potential for abuse compared to IV ➤ Current accepted medical use ➤ Limited physical or psychological dependence 	<ul style="list-style-type: none"> ➤ Cough medicines with codeine

These drug schedules allow for laws to distinguish between the severity of sanction or penalties imposed on an individual depending on which type of drug they are found to be in possession or associated with. While alcohol is not classified into different schedules, there are different concentration amounts of alcohol that individuals need to be aware of when consuming alcoholic beverages as the side effects can be more severe and lead to alcohol laws being violated more frequently.

Texas State Laws

<i>Offense</i>	<i>Crime Classification</i>	<i>Sanctions/Penalties</i>
TX PC 49.02-Public Intoxication	Class C Misdemeanor	Fine up to \$500
TX PC 49.031- Possession of Alcoholic Beverage in Motor Vehicle	Class C Misdemeanor	Fine up to \$500
TX PC 49.04- Driving While Intoxicated*	Class B Misdemeanor	Up to 180 days confinement & up to \$2,000 fine
	Class A Misdemeanor (BAC >= 0.15)	- Up to 1 year confinement & up to \$4,000 fine

TX PC 49.045- Driving While Intoxicated with Child Passenger*	State Jail Felony	Confinement up to 2 years and not less than 180 days & possibility of fine up to \$10,000
TX PC 49.07- Intoxication Assault*	Third Degree Felony	Confinement for 2 to 10 years & fine up to \$10,000
Tx PC 49.08- Intoxication Manslaughter*	Second Degree Felony	Confinement for 2 to 20 years & fine up to \$10,000
TXABC 106.02 – Purchase of Alcohol by a Minor	Class C Misdemeanor	Fine up to \$500
TXABC 106.025- Attempt to Purchase Alcohol by a Minor	Class C Misdemeanor	Fine up to \$500
TXABC 106.03- Sale to Minors	Class A Misdemeanor	Up to 1 year confinement & up to \$4,000 fine
TXABC 106.04- Consumption of Alcohol by a Minor	Class C Misdemeanor	Fine up to \$500
TXABC 106.05- Possession of Alcohol by a Minor	Class C Misdemeanor	Fine up to \$500
TXABC 106.06- Purchase of Alcohol for a Minor; Furnishing Alcohol to a Minor	Class A Misdemeanor - State Jail Felony	Confinement up to 1 year & up to \$4,000 fine - Confinement for 180 days to 2 years & up to \$4,000 fine
TXABC 106.07- Misrepresentation of Age by a Minor	Class C Misdemeanor	Fine up to \$500
TXHSC 481.112- Manufacture or Delivery of Substance in Penalty Group 1*	State Jail Felony	Confinement for 180 days to 2 years & up to \$10,000 fine
TXHSC 481.1121- Manufacture or Delivery of Substance in Penalty Group 1-a*	State Jail Felony	Confinement for 180 days to 2 years & up to \$10,000 fine
TXHSC 481.1122- Manufacture of Substance in Penalty Group 1: Presence of Child*	State Jail Felony	Confinement for 180 days to 2 years & up to \$10,000 fine
TXHSC 481.1123- Manufacture or Delivery of Substance in Penalty Group 1-b*	Third Degree Felony	Confinement for 2 to 10 years & fine up to \$10,000

TXHSC 481.113- Manufacture or Delivery of Substance in Penalty Group 2 or 2-a*	State Jail Felony	Confinement for 180 days to 2 years & up to \$10,000 fine
TXHSC 481.114- Manufacture or Delivery of Substance in Penalty Group 3 or 4*	State Jail Felony	Confinement for 180 days to 2 years & up to \$10,000 fine
TXHSC 481.115- Possession of Substance in Penalty Group 1 or 1-b*	State Jail Felony	Confinement for 180 days to 2 years & up to \$10,000 fine
TXHSC 481.1151- Possession of Substance in Penalty Group 1-a*	State Jail Felony	Confinement for 180 days to 2 years & up to \$10,000 fine
TXHSC 481.116- Possession of Substance in Penalty Group 2*	State Jail Felony	Confinement for 180 days to 2 years & up to \$10,000 fine
TXHSC 481.1161- Possession of Substance in Penalty Group 2-a*	Class B Misdemeanor	Confinement for up to 180 days & up to \$2,000 fine
TXHSC 481.117- Possession of Substance in Penalty Group 3*	Class A Misdemeanor	Confinement for up to 1 year & up to \$4,000 fine
TXHSC 481.118- Possession of Substance in Penalty Group 4*	Class B Misdemeanor	Confinement for up to 180 days & up to \$2,000 fine
TXHSC 481.119- Manufacture, Delivery, or Possession of Miscellaneous Substances*	Class B Misdemeanor	Confinement for up to 180 days & up to \$2,000 fine
TXHSC 481.120- Delivery of Marijuana*	Class B Misdemeanor	Confinement for up to 180 days & up to \$2,000 fine
TXHSC 481.121- Possession of Marijuana*	Class B Misdemeanor	Confinement for up to 180 days & up to \$2,000 fine
TXHSC 481.122- Delivery of Controlled Substance or Marijuana to Child	Second Degree Felony	Confinement for 2 to 20 years & fine up to \$10,000
TXHSC 481.125- Possession or Delivery of Drug Paraphernalia*	Class C Misdemeanor	Fine up to \$500
TXHSC 481.133- Falsification of Drug Test Results*	Class B Misdemeanor	Confinement for up to 180 days & up to \$2,000 fine
TXHSC 481.141- Manufacture or Delivery	State Jail Felony	Confinement for 180 days to 2 years & up to \$10,000 fine

of Controlled Substance Causing Death or Serious Bodily Injury*		
TXHSC 482.002- Unlawful Delivery or Manufacture with Intent to Deliver	State Jail Felony	Confinement for 180 days to 2 years & up to \$10,000 fine
TXHSC 483.041- Possession of Dangerous Drug	Class A Misdemeanor	Confinement for up to 1 year & up to \$4,000 fine
TXHSC 483.042- Delivery or Offer of Delivery of Dangerous Drug	State Jail Felony	Confinement for 180 days to 2 years & up to \$10,000 fine
TXHSC 483.043- Manufacture of Dangerous Drug	State Jail Felony	Confinement for 180 days to 2 years & up to \$10,000 fine
TXHSC 485.031- Possession and Use of Abusable Volatile Chemicals	Class B Misdemeanor	Confinement for up to 180 days & up to \$2,000 fine
TXHSC 485.032- Delivery to a Minor of Abusable Volatile Chemicals*	Class B Misdemeanor	Confinement for up to 180 days & up to \$2,000 fine
TXHSC 485.033- Inhalant Paraphernalia*	Class B Misdemeanor	Confinement for up to 180 days & up to \$2,000 fine

Federal Laws

<i>Offense</i>	<i>Crime Classification</i>	<i>Sanctions/Penalties</i>
21 USC 841- Prohibited Acts A*	Felony	Confinement for 10 years to life & fines up to \$10 million for individuals and \$50 million for organizations
21 USC 842- Prohibited Acts B*	Misdemeanor	Confinement up to 1 year, a fine or both
21 USC 843- Prohibited Acts C*	Felony	Confinement up to 4 years, a fine or both
21 USC 844- Penalties for Simple Possession*	Misdemeanor	Confinement up to 1 year, fine up to \$1,000, or both

21 USC 860- Distribution or Manufacturing in or near Schools and Colleges*	Misdemeanor	Confinement up to 1 year, a fine or both
21 USC 863- Drug Paraphernalia*	Felony	Confinement for up to 3 years, a fine, or both

Local Laws

Offense	Crime Classification	Sanctions/Penalties
TXK TX Ordinance 21-1: Sale of alcoholic beverages prohibited in specified places	Misdemeanor	Fine up to \$500
TXK TX Ordinance 21-3: Extended hours of consumption	Misdemeanor	Fine up to \$500
TXK TX Ordinance 21-5: Entertainment district and special events; open container	Misdemeanor	Fine up to \$500
TX TXK Ordinance 28-124: Solicitation to purchase a prohibited substance	Misdemeanor	Fine between \$100 to \$2,000
TX TXK Ordinance 28-125: Possession, sale or ingestion of certain substances	Misdemeanor	Subject to fine if convicted in court

Additional resources pertaining to local, state and federal laws regarding alcohol and drug abuse can be found at:

[Texas Alcoholic Beverage Code Chapter 106](#)

[Texas Penal Code Chapter 49- Intoxication and Alcoholic Beverage Offenses](#)

[Texas Health and Safety Code- Substance Abuse Regulation and Crimes](#)

[U.S. Code Title 21- Drug Offenses and Penalties](#)

[Texarkana Texas City Ordinances](#)

Offenses with an asterisk signifies that the crime classification listed is the lowest type for that particular crime but higher offenses can be imposed based off of quantity of drug/alcohol, seriousness of any injury imposed, and being identified as a repeat offender

Health Risks of Drugs and Alcohol

Alcohol and drug abuse occur when they are used in a manner or amount that is inconsistent with medical use or surpasses what is considered appropriate for recreational purposes. Abuse of these substances often can lead to physical and/or psychological dependence on the substance and can lead to addiction which becomes a compulsive behavior to seek out these substances daily. This substance abuse can lead to a range of potential health risks/issues which are affected through a combination of type of substance being used, quantity being consumed/administered, frequency and duration of use, concurrent use with other substances, age, sex, general health, and genetic makeup of the individual. Emotional consequences of alcohol and drug abuse are often minimized. These substances can cause personality changes which contribute to problems in dealing with family and co-workers. The personality changes may seriously impair a person, and these changes can lead to psychological problems and mental illnesses. Substance abuse may also disrupt effectiveness on the job, reduce motivation, cause legal and financial problems, and contribute to social problems.

Narcotics

- Examples: Fentanyl, Heroin, Hydromorphone, Methadone, Morphine, Opium, & Oxycodone
- Effect on the mind: drowsiness, inability to concentrate, apathy, overwhelmed with daily activities, euphoria, changes in mood, and restlessness
- Effect on the body: slowed physical activity, constriction of the pupils, flushing of the face and neck, constipation, nausea, vomiting, heavy extremities, dry mouth, constipation, urinary retention, dizziness, loss of appetite, rash, slow/rapid heartbeat, changes in blood pressure, sweating, liver disease, and slowed breathing
- Overdose effects: Constricted (pinpoint) pupils, cold clammy skin, confusion, convulsions, extreme drowsiness, slowed breathing, stomach spasms, seizures, reduction in blood pressure and heart rate, blue lips and fingernails, coma, death.

Stimulants

- Examples: Amphetamines, Cocaine, Khat, & Methamphetamine
- Effect on the mind: agitation, hostility, panic, aggression, paranoia, delusions, restlessness, irritability, anxiety, increased alertness and excitation, mental/physical exhaustion, depression, suicidal/homicidal tendencies, auditory/visual hallucinations, euphoria (“rush”), psychosis/schizophrenia, picking at the skin, preoccupied with thoughts, violent/erratic behavior
- Effect on the body: exhilaration, gastric disorders, extended wakefulness, loss of appetite, dizziness, tremors, headache, flushed skin, dilated pupils, chest pain with palpitations, increased blood pressure and pulse rates, insomnia, physical exhaustion, excessive sweating, vomiting, abdominal cramps, irregular heartbeat, cardiac arrest, strokes, convulsions, overheating, and death
- Overdose effects: High fever, agitation, increased body temperature, hallucinations, liver damage, delusions, convulsions, cardiovascular collapse, multiple organ failure from overheating, and death

Depressants

- Examples: Barbiturates, Benzodiazepines, GHB, & Rohypnol
- Effect on the mind: amnesia, reduce reaction time, impair mental functioning and judgment, confusion, mild euphoria, lack of restraint, relief of anxiety, sleepiness, irritability, hostility, paranoia, suicidal ideation, vivid or disturbing dreams, and excitability
- Effect on the body: insomnia, anxiety, tremors, slurred speech, loss of motor coordination, weakness, headache, lightheadedness, blurred vision, dizziness, nausea, vomiting, low blood pressure, slowed breathing, sleepiness, slowed down central nervous system, relaxed mood, unconsciousness, seizures, lower body temperature, incontinence, liver damage, kidney failure, coma, and death
- Overdose effects: extreme drowsiness, impaired coordination, decreased reflexes, central nervous system depression, decreased respiration, increased heart rate, decreased blood pressure, decreased urine production, decreased body temperature, coma, and death

Hallucinogens

- Examples: Ecstasy/MDMA, Ketamine, LSD, Peyote and Mescaline, & Psilocybin
- Effect on the mind: distortions of thought associated with time and space, forms and colors may change, possibility of developing Hallucinogen Persisting Perception Disorder, issues with memory and learning, euphoria, increased sensitivity to touch, need for stimulation and touch, confusion, anxiety, depression, paranoia, sleep problems, drug craving, hallucinations, altered body image, agitation, panic reactions, cognitive difficulties, unconsciousness, amnesia
- Effect on the body: elevated heart rate, increased blood pressure, involuntarily rapid eye movement, dilated pupils, salivation, tear secretions, nausea, vomiting, increased motor activity, increased alertness, muscle tension, tremors, involuntary teeth clenching, muscle cramps, faintness, chills, sweating, blurred vision, severe dehydration, damage to serotonin system, increased body temperature, loss of appetite, sleeplessness, dry mouth and tremors
- Overdose effects: fear, depression, anxiety, paranoia, respiratory depression, unconsciousness, dangerously slowed breathing, increased hyperthermia, psychosis, liver failure, kidney failure, cardiovascular system failure, swelling of the brain, coma, convulsions, seizures, and death

Anabolic Steroids

- Examples: Testosterone, trenbolone, oxymetholone, methandrostebolone, nandrolone, stanozolol, boldenone, & oxandrolone
- Effect on the mind: dramatic mood swings, increased feelings of hostility, impaired judgment, increased levels of aggression, depression
- Effect on the body: early sexual development, acne, stunted growth, deepening of voice, increased facial and body hair growth, menstrual irregularities, male pattern baldness, lengthening of the clitoris, shrinkage of testicles, reduced sperm count, enlargement of the male breast tissue, sterility, increased risk of prostate cancer, high cholesterol levels, coronary artery disease, strokes, heart attacks, fluid retention, liver damage, endocarditis,
- Overdose effects: No overdoses documented

Marijuana/Cannabis

- Examples: Hashish/hashish oil, synthetic marijuana, marijuana concentrates, vaping & edibles
- Effect on the mind: problems with memory and learning, distorted perception, difficulty in thinking and problem solving, loss of coordination, merriment, happiness, exhilaration, disinhibition, relaxation, increased sociability and talkativeness, enhanced sensory perception, heightened imagination, time distortions, illusions, delusions, hallucinations, impaired judgment, agitation, paranoia, confusion, restlessness, anxiety, drowsiness, panic attacks, & increased appetite
- Effect on the body: sedation, bloodshot eyes, increased heart rate, coughing from lung irritation, increased appetite, increased blood pressure, bronchitis, emphysema, bronchial asthma, headache, shakiness, sweating, stomach pains, nausea, restlessness, irritability, sleep difficulties, and decreased appetite
- Overdose effects: No overdoses reported.

Inhalants

- Examples: Household products such as glue, lighter fluid, cleaning fluids, and paint
- Effect on the mind: Damage to the brain that control thinking, moving, vision and hearing & cognitive abnormalities that range from mild impairment to severe dementia
- Effect on the body: slight stimulation, feeling of less inhibition, loss of consciousness, slurred speech, inability to coordinate movements, euphoria, dizziness, drowsiness, lingering headache, weight loss, muscle weakness, disorientation, inattentiveness, irritability, depression, damage to nervous system and other organs, sores around mouth, red or runny eyes/nose, chemical breath odor, irregular and rapid heart rhythms, heart failure, & death
- Overdose effects: loss of consciousness, suffocation & death

Designer Drugs

- Examples: Bath salts, K2/Spice, Synthetic Opioids, DXM, Kratom, Salvia Divinorum, & Tianeptine
- Effect on the mind: euphoria, alertness, confusion, acute psychosis, agitation, combativeness, aggressive, violent, self-destructive behavior, paranoia, inappropriate laughter, feeling of floating, changes in hearing and touch, hallucinations, delusions, disorganized thoughts, relaxation, pain relief, sedation, dizziness, & drowsiness
- Effect on the body: rapid heartbeat, lethargy, overexcitability, slurred speech, involuntary spasmodic movement of the eyeballs, elevated blood pressure, unconsciousness, tremors, vomiting, hallucinations, agitation, anxiety, pallor, numbness, tingling, hypertension, hyperthermia, prolonged pupil dilation, breakdown of muscle fibers/releasing muscle fibers into bloodstream, teeth grinding, sweating, headaches, palpitations, seizures, respiratory depression, liver damage & death
- Overdose effects: changes in pupillary size, cold and clammy skin, cyanosis, nausea, vomiting, agitation, anxiety, seizures, stroke, coma, heart attack, organ failure, kidney issues, & death

Alcohol

- Effect on the mind: changes in mood and behavior, violence, depression, anxiety, learning problems, memory problems
- Effect on the body: slurred speech, numbness in the arms and legs, painful burning in feet, irregular heartbeat, decrease in blood pressure, diarrhea, erectile dysfunction, diabetes, thyroid diseases, gastrointestinal issues, cancer, liver issues, respiratory issues, pancreatitis, alcohol poisoning, STIs, miscarriage, fetal alcohol spectrum disorder, stillbirth,
- Overdose effects: Death

For additional health risks associated with alcohol and drug abuse:

[U.S. Drug Enforcement Administration 2024 Edition Drugs of Abuse](#)

[National Institute on Alcohol Abuse & Alcoholism- Effects on Health](#)

[U.S. Centers for Disease Control & Prevention - Alcohol Use and Your Health](#)

TAMUT Drug & Alcohol Education Programs

Texas A&M University- Texarkana is devoted to raising awareness and providing prevention efforts and activities for students and employees to participate in to increase their knowledge on alcohol and drug abuse. The programs offered vary throughout the departments on campus and offer information and resources for the community to utilize to prevent alcohol and drug abuse. Due to certain departments being key in the implementation of the drug and alcohol awareness and prevention programs, the specific strategies and programs are listed by department and future recommendations for the programs.

Student Affairs

Most of the drug and alcohol programming that Texas A&M University- Texarkana offers originates from within the Division of Student Affairs, which houses offices that are essential in implementing these programs such as Student Life, Residence Life and Student Counseling Services. While these programs are specifically geared towards students, employees are invited to participate in these programs. The initiatives implemented are used to inform individuals of substance abuse and also provide activities for the attendees to participate in to understand real- life scenarios in a smaller environment. These initiatives are essential in the long-term to reduce the number of students involved in substance abuse and to also provide guidance for individuals to seek help for themselves and others who may be suffering from substance abuse.

Student Life Programs

- **Admitted Students Day and Hatch Camp**: New students are presented with information in their first experiences on campus regarding drug and alcohol abuse. Information is provided pertaining to different types of substances that can be abused, health risks and side effects associated with substance abuse, the

reporting process is suspected substance abuse is occurring and explains the disciplinary procedures that may be taken if substance abuse does occur.

- Student Organization Risk Management Training: This training session is mandatory for all student organization Presidents and Advisors and is available to any student organization members that wish to complete it. The training addresses abuse and prevention awareness for illicit drugs and alcohol along with hazing information as it relates to substance abuse.
- Campus Resource & Prevention Conversations: These conversations are held with the University Police Chief and staff from Student Life to discuss campus resources for substance abuse and discuss health risks and consequences of substance abuse on campus.
- Referrals for Disciplinary Actions for Substance Abuse: Any students who are referred for disciplinary action for drug and/or alcohol abuse are counted for statistics purposes to determine the degree to which there may be an issue with substance abuse on campus and if more programs need to be added for prevention efforts.

Academic Calendar Year	Disciplinary Referrals for Drugs	Disciplinary Referrals for Alcohol
2023-2024	4	4
2024-2025	0	17

Residence Life Programs

- See Something, Say Something: This training is provided to all students living on campus and aims to remind students that Residential Advisors are available to help with safety concerns such as suspicion of substance abuse and receiving aid for potential substance abuse overdose cases.
- Resident Assistant Substance Abuse Training: This training is required for all Resident Assistants (RA) in which a member from the University Police Department discusses the reporting process for illicit drugs and alcohol being found in living facilities, side effects of substance abuse to be on the lookout for,

and safe ways to help those who are suffering the side effects of substance abuse until aid arrives.

- “Awareness” Poster Series: Poster series containing information on drug and alcohol abuse and prevention strategies in the common areas and hallways of residential facilities on campus.
- Resident Assistant Room Inspections: The RAs for on-campus housing facilities conduct room checks that are announced and unannounced to check for potential illicit substances.

Student Counseling Services Programs

- Coffee with the Counselors: Weekly meetings during the Fall 2023 semester with the counselors from Student Counseling Services to discuss topics including substance abuse and recognizing the signs of someone suffering from substance abuse and resources for students who may need to seek help.
- Health & Wellness Groups: Weekly meetings provided during February 2024 with staff from Student Counseling Services to discuss topics regarding the well-being of individuals. The topic of substance abuse was covered in sessions to provide students with information on substance abuse and allow them to ask questions that they may have on the topic themselves to be open for discussion.
- Resource Fair: This event was offered in September 2024 to provide mental health resources which included information on community substance abuse resources that are available to students and employees.
- World Mental Health Day Glow Event: This event was offered in October 2024 that covered mental health diagnoses, suicide prevention, and a component regarding substance abuse and how it affects an individual’s mental health.
- Trauma Response & Coping: This event was offered in March 2025 to provide information on how substance abuse often occurs as a coping mechanism to a trauma response and provided information on safe coping mechanisms and how to overcome substance abuse when overcoming challenges in life.
- Telus Health Student Support App: Available to all students enrolled at the university for confidential, virtual counseling with a professional counselor through text and by phone 24/7.

- Student Counseling Services: Counselors are available on campus for students to speak with about substance abuse issues they may have and treatment options to overcome these issues.

Academic Calendar Year	Number of Students Treated
2023-2024	21
2024-2025	20

University Police Department

The University Police Department makes their substance abuse programming available to all students and employees to address not only the criminal aspects associated with substance abuse, but to also inform others of how to help those who may be suffering adverse effects and how to help them in those situations. The University Police Department also brings awareness to individuals of real-life scenarios through the programs outlined below where drug and alcohol abuse could be detrimental to the safety of themselves and others. While the officers primarily patrol campus property, they are vital resources in understanding not only the health risks but also the legal risks of engaging in substance abuse. These initiatives are to not only inform of the risk of substance abuse but also to allow students and employees to interact with the officers and understand their dedication to campus security and safety.

University Police Department Programs

- Admitted Students Days and Hatch Camp: New students are presented with a segment at their first experiences on campus regarding drug and alcohol abuse. Information is provided pertaining to different types of substances that can be abused, health risks and side effects associated with substance abuse, the reporting process if suspected substance abuse is occurring and explains the disciplinary procedures that may be taken if substance abuse does occur.
- UPD Introduction to Parents and Students: This session is presented during Admitted Students Day and discusses the consequences of being caught on campus with drugs and/or alcohol to both students and parents.

- UPD Facebook Page: Periodic posts are made containing information on certain types of illicit drugs and alcohol including health risks associated with substance abuse and the reporting process if someone is believed to have in their possession or consumed drugs or alcohol.
- See Something, Say Something: This training is provided to all students living on campus and aims to remind students that Residential Advisors are available to help with safety concerns such as suspicion of substance abuse and receiving aid for potential substance abuse overdose cases.
- Resident Assistant Substance Abuse Training: This training is required for all RAs in which a member from the University Police Department discusses the reporting process for illicit drugs and alcohol being found in living facilities, side effects of substance abuse to be on the lookout for, and safe ways to help those who are suffering the side effects of substance abuse until aid arrives.
- Alcohol & Drug Crimes Reported to UPD: UPD collects statistics regarding drug and alcohol incidents that are reported to them in order to track substance abuse that is occurring on campus and to identify any trends in certain substances being used that may need specific programs to be introduced to discuss to the campus community the risks associated with substance abuse.

Academic Calendar Year	Drug Offenses	Alcohol Offenses	Total Arrests
2023-2024	1	3	0
2024-2025	3	1	0

Athletics

In addition to the Student Code of Conduct, the [Student Athlete Handbook](#) outlines the Substance Abuse Policy for Student-Athletes. Student athletes are required to complete online programming pertaining to illicit drug and alcohol use and how it can affect their athletic performance. Additional programs are offered to student athletes that are targeted specifically towards athletic sports but are also available to all students and employees. These initiatives help to keep individuals aware of the consequences of combining substance abuse with athletics and how the use could potentially lead to legal

consequences, short- and long-term health consequences, and possible suspension from athletic programs. Texas A&M University- Texarkana is committed to expanding the athletic sports available to students and maintaining compliance when it comes to substance abuse is of utmost importance.

Athletics Programs

- Online Training Courses: Online courses provided through June of 2025 to student athletes on substance abuse and how they affect athletic performance and measures the students can take to prevent themselves from abusing such substances.
- Soccer with Drunk Goggles: This event is used to raise awareness and provide tips on how to remain safe while in the presence of alcohol. Students wear disorientating drunk goggles while playing soccer. The goggles mimic the effects of being under the influence of alcohol in varying degrees and help individuals understand how alcohol affects their brain and body.
- Student Athlete Drug Testing: Student athletes are randomly selected to participate in drug test screenings. Processes are in place to ensure the accuracy of tests, provide assistance and retesting, and progressive consequences with further positive test results.

Academic Calendar Year	Number of Positive Drug Tests
2023-2024	0
2024-2025	0

Human Resources

Human Resources provides awareness and prevention programs to employees and provides resources that are outlined below to help employees and their family members who may be dealing with substance abuse. In addition to this, the Texas A&M University- Texarkana Rule regarding alcohol and drugs in the workplace explains the process of how to report if an employee is suspected of engaging in substance abuse and side effects to remain vigilant of to be able to render aid or call for it as needed.

Human Resources Programs

- **Employee Assistance Program**: This program is a component of the benefits compensation package available to benefits-eligible employees and their dependents and is available 24/7. This program provides a variety of services including mental health and counseling and assistance with substance abuse and healthy lifestyles.
- **Mental Health First Aid Certification**: This certification was offered as a way for employees to recognize and respond appropriately to signs of mental health challenges in individuals. A portion of the training focuses on drug and alcohol abuse, providing techniques for early intervention, supporting and reassuring an individual, and connecting them to professional help whether through a community resource or through the Employee Assistance Program.
- **Reports of Employee Drug and Alcohol Abuse**: Any reasonable suspicion of drug or alcohol abuse of employees is to be reported to Human Resources for proper investigation. Reasonable suspicion is established by observations of actions/behaviors of individuals, a supervisor witnessing possession or use and other legal measures for alcohol or drug detection which may include drug testing.

Academic Calendar Year	Number of Employees Investigated for Substance Abuse
2023-2024	0
2024-2025	0

Treatment & Rehabilitation Available to Students and Employees

Name	Phone	Address	Website
TAMUT Employee Assistance Program	1-866-301-9623	See website for provider contact and user ID information	https://tamut.edu/administration/human-resources/benefits/eap.html
TAMUT Student Counseling Office	903-334-6613	Central Plant	https://tamut.edu/counseling/index.html
TELUS Health Student Support	1-866-408-2828	See website	https://tamut.edu/counseling/telus.html
Southwest Arkansas Counseling & Mental Health Center, Inc.	870-773-4655	2904 Arkansas Boulevard Texarkana, AR 71854	https://swamhc.com/
Community Healthcore	903-831-7585	2435 College Drive Texarkana, TX 75503	https://communityhealthcore.com/
Family Medical Group	903-791-9120	2101 Galleria Oaks Drive Texarkana, TX 75503	https://www.fmgofitexarkana.com/
Christus St. Michael Health Hospital	903-614-2226	2600 St. Michael Drive Texarkana, TX 75503	https://www.christushealth.org/locations/st-michael-emergency-room
Christus Health Emergency Room	903-798-8000	1000 Pine Street Texarkana, TX 75501	https://www.christushealth.org/locations/emergency-texarkana-pine-st
Christus Health Emergency Room	903-614-8100	4250 Gibson Lane Texarkana, TX 75503	https://www.christushealth.org/locations/emergency-center-texarkana

Signature Care Emergency Center	903-306-2126	2001 Mall Drive Texarkana, TX 75503	https://ercare24.com/texarkana
Texarkana Emergency Center & Hospital	903-838-8000	4646 Cowhorn Creek Road Texarkana, TX 75503	https://texarkanaemergencycenter.com/
Alcoholic Anonymous- Texarkana	N/A	See website	https://sober.com/aa-meetings/texas/texarkana/
Drug Rehab Centers	See website	See website	https://www.rehab.com/texas/texarkana
Detox Centers in Texas	See website	See website	https://www.detox.com/texas/
AVAIL Crisis Hotline	1-800-832-1009	N/A	http://availsolutions.com/

Evaluation of Current Drug and Alcohol Programs

Review of the current drug and alcohol programs shows through current statistics from each department that the programming is effective for students and employees. The statistics show there are a small number of substance abuse issues among students which validates why programming is more student oriented. Additionally, attendance for the programs has not consistently been documented for each program so there is ambiguity in determining programmatic reach. The opportunity to conduct surveys to provide feedback on the programs held exists to improve program effectiveness.

Due to recent growth at the university, the DAAPP committee membership has changed to include new roles and individuals. This growth and restructuring identified a need to develop systematic recordkeeping and evaluation of drug and alcohol programming. However, evaluation of the number and trends related to drug and alcohol incidents, disciplines, and referrals indicate that substance abuse continues to have minimal presence on campus and that the awareness and prevention programs thus far are effective. Since the programs are offered online and in-person, this gives a greater opportunity for more individuals to be able to participate. Records indicate sanctioning and enforcement remain consistent to deter students and employees from engaging in substance abuse.

Distribution of Notifications to Students & Employees

The Drug and Alcohol Awareness and Prevention Program Annual Notification is provided to students and employees via mass email communication. Students are notified by email by the last day to withdraw from classes in the Fall, Summer and Spring semesters. Employees receive an annual notification email and newly hired employees receive the notification within 30 days of their hire date and then annually after. Current methods of communication are under review for the annual notification to keep a better detailed record of who received the annual notification and if there may be more useful modes of communication in addition to the email.

Recommendations

While the trend in referrals indicates general effectiveness of the programs offered, opportunities exist to expand and improve the programs offered. Due to the restrictions on the use of the various funding resources available, efforts are being made to evaluate what programs can span multiple departments to reach larger audiences and have more impact. This collaboration may serve to provide more opportunities to both students and employees.

In addition, quarterly DAAPP committee meetings are planned with the point of contact for each department to discuss future programs that are being considered and how departments can work together to ensure these programs happen through a combination of funds and organized planning. Furthermore, the departments will be gathering regular statistics pertaining to drug and alcohol abuse on campus that will be reviewed to see how effective the programs are and if specific programs need to be considered for certain drugs or alcohol. This allows programming to be more specific to the challenges of the campus. Expanding on this, the committee is evaluating if community resources such as local health facilities and police departments can be invited to discuss on-campus presentations for students and employees to attend.

The goal is that inter-department cooperation will lead to new programs that can be introduced and improved that are tailored specifically to needs of the campus community and will allow for the expansion of awareness regarding the drug and alcohol programs that are being offered.