Maharishi International University

Drug and Alcohol Prevention Policy

1. Summary: Drug and Alcohol Prevention Policy

- MIU prohibits the possession, use, manufacture and/or distribution of alcohol and controlled substances (illicit drugs) on campus and off-campus courses, trips and events sponsored by MIU.

- Maharishi International University promotes and actively facilitates healthy lifestyles free from alcohol and illicit drug use. MIU incorporates into the curriculum and lifestyles of students, faculty and staff the Transcendental Meditation and the TM-Sidhi program, which have been verified to have benefits in prevention and treatment of alcohol and drug abuse.

- For those voluntarily seeking help with their alcohol and illicit drug problems, the University provides confidential and free support services, counseling and opportunities to take part in support groups. The University also distributes information about support services available off-campus.

- MIU investigates all drug and alcohol policy violations and adjudicates them on a case-by-case basis.

- Violators of MIU’s drug and alcohol policy will be subject to disciplinary action, which might include:
  - obligation to attend alcohol or substance abuse treatment,
  - obligation to attend alcohol or substance abuse education program,
  - temporary or permanent suspension, or
  - termination of employment.

- If appropriate, the violation may also be referred to law enforcement.
• Following suspension or termination, violators of MIU’s drug and alcohol policy can apply for re-admission or re-employment. The University will decide about such requests on a case-by-case basis.

2. Detrimental Effects of Illicit Drug and Alcohol Abuse

2.1 Detrimental effects of drinking alcohol

The health and social costs of drinking alcohol are high. Physical health problems include cardiovascular diseases; liver disease, neurological damage as well as making other diseases worse like diabetes. Long-term diseases include high blood pressure, heart disease and strokes. For women, drinking alcohol increases the risk of developing breast cancer.

Tens of thousands of today’s college students will eventually die of alcohol-related causes, such as cirrhosis of the liver and cardiovascular diseases.

Heavy drinking changes the behavior, and possibly the overall personality. Alcohol consumption causes depression, loss of interest in family and friends, over-sensitivity, moodiness, nervousness, paranoia, secretive or suspicious behaviors. Often people experience lack of motivation and energy.

Drinking alcohol contributes to many school problems like poor attendance, difficulty in paying attention, lack of focus and declining or failing grades. Social problems include turning violent, becoming a victim of crime or getting isolated.

Drinking can compromise personal safety. Alcohol lowers inhibitions and can make people more vulnerable to troublesome situations. It is also good to remember that women are more easily impaired by alcohol than men because of the way their bodies absorb the alcohol. As many as 7% of college students admit to having engaged in sexual activity as a result of alcohol influence. 90% of all campus rapes occur when alcohol has been used by either the victim or the assailant.

Consequently, the detrimental effects of alcohol also extend to family members through sexually transmitted diseases, unintended pregnancy, and fetal alcohol syndrome.

Infographic about the detrimental health effects of drinking alcohol

Binge drinking (heavy episodic drinking) can cause lasting damage: one night of heavy drinking can impair the ability to think clearly for up to 30 days.
Detrimental effects of consuming controlled substances

The earlier the consumption starts, the worst the effect is.

Until about 25 years of age, the brain goes through a long period of intense neurodevelopmental growth and maturation. As a result, until this age the brain is particularly vulnerable to the toxic effects of alcohol and other drugs. Persistent use of drugs, especially during the adolescence years, is associated with neuropsychological impairments across a range of different cognitive functions. Unfortunately, stopping use does not fully restore neuropsychological functioning.

Drug use can hurt all parts of the body — temporarily and permanently. Most serious health risks caused by drug abuse are high blood pressure, increased heart rate, heart attack, stroke, cancer, and different types of lung, kidney or liver diseases. Any of these can be fatal. Sharing needles exposes the user to serious infections and diseases like HIV/AIDS and hepatitis.

All drugs affect the brain causing the user to experience the world differently. Some drugs induce sudden mood changes: sadness, anger or feeling scared for no reason. Often this leads to overreaction to little problems, causes violent behavior or episodes of persecution paranoia.

Most drugs interfere with educational advancement by making it hard to pay attention, remember things, or think clearly. People on drugs frequently make poor decisions in every aspect of their lives.

Drug use, especially over a prolonged time, ruins the ability to enjoy companionship, food, entertainment, and the many small joys of life. The natural charm of life is lost and in turn, this strengthens the vicious circle of addiction.

Many times addiction and mental health problems go hand in hand. Depression, anxiety, bipolar disorder, ADHD, antisocial personality disorder—all are frequent among drug users. Recent research indicates that drug use causes mental health problems, as we discuss in more depth below.

Sources:
2.3 The latest research studies about marijuana

Beyond acute intoxicating effects, alcohol and cannabis misuse has been associated with impairments in learning, memory, attention and decisionmaking, as well as with lower academic performance for a long time. The new research investigated the causal and lasting effects of substance use on cognitive development. The researchers scrutinized relationships between year-to-year changes in substance use and cognitive development on recall memory, perceptual reasoning, inhibition and working memory.

The short summary of the study pointed out that vulnerability to cannabis and alcohol use in adolescence was associated with generally lower performance on all cognitive functions. The cannabis use (but not alcohol consumption) showed additional concurrent and lagged effects on cognitive functions, such as perceptual reasoning, memory recall, and working memory. Furthermore, cannabis use was associated with lasting effects on inhibitory control, which is a risk factor for other addictive behaviors and might explain why early onset cannabis use a risk factor for other addictions is.

Sources:


- Short summary about the research: Université de Montréal. “Teen cannabis use is not without risk to cognitive development.” ScienceDaily. 3 October 2018. www.sciencedaily.com/releases/2018/10/181003090325.htm

The relationship between cannabis use and psychosis has been reported in previous studies, but few have been able to demonstrate that there is any causal effect of cannabis use on mental health symptoms. In a paper published in 2018, researchers used a unique longitudinal sample and showed that onset or increase in cannabis use in any given year during adolescence predicted increases in
psychotic symptoms that year and one year later. The new findings demonstrate that the link between cannabis and vulnerability to psychosis can be observed at a population level, which undermines the view that cannabis only causes psychotic symptoms in individuals at risk for psychosis. The study shows that cannabis use always preceded an increase in psychotic symptoms, but psychotic symptoms rarely preceded increases in cannabis use.

**Source:**


### 2.4. The detrimental effects of alcohol and drug consumption on safe driving

*If you feel different, you drive different.*

Yearly, alcohol is involved in about 30% of traffic-related deaths. Almost 30 people die every day in car crashes as a result of alcohol-impaired drivers. Car crashes are the leading cause of death for youngsters under the age of 19.¹ Over the course of just one year more than one million drivers are arrested for driving under the influence of alcohol.

Many substances can impair driving, including alcohol, some over the counter and prescription drugs, and illegal drugs.

Alcohol, marijuana, and other drugs impair the ability to drive because they slow coordination, judgment and reaction times.

Cocaine and methamphetamine can make drivers more aggressive and reckless.

Using two or more drugs at the same time, including alcohol, can amplify the impairing effects of each drug.

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Some prescription and over-the-counter medicines can cause extreme drowsiness, dizziness and other side effects. Read and follow all warning labels before driving and note that warnings against “operating heavy machinery” include driving a vehicle.

Impaired drivers can not accurately assess their own impairment—which is why no one should drive after using any impairing substances.

Remember: If you feel different, you drive different.

Source:
https://www.nhtsa.gov/risky-driving/drunk-driving#alcohol-abuse-and-cost5091

3. **Benefits of the Transcendental Meditation program for the Prevention and Handling of Alcohol and Drug Abuse**

Many published studies over the past 40 plus years have validated the positive healing effects of the Transcendental Meditation technique, making TM an effective tool for preventing and managing alcohol and drug abuse on college campuses.

Research demonstrates that TM practice can significantly contribute to the management of alcohol abuse and was found effective with intervention and prevention in substance misuse.

A large statistical meta-analysis of 19 studies using TM to treat addictions (of all kinds), demonstrates the effectiveness of TM compared to other approaches. In this study the practice of TM alone was found to be 1.6 to 9 times more effective.
than other meditation/relaxation approaches and conventional programs used to treat addictions. The results of these studies are summarized in the following list.

**Improvements in psychological functioning in substance abusers practicing TM was approximately twice as large as those produced by other forms of meditation/relaxation:**

- For alcohol, the effects of TM practice were 1.5 to 8 times larger than other treatment approaches.
- For tobacco dependence (smoking), the effects of TM practice were 2-5 times larger than other treatments.
- For illicit drug use, the effects of TM practice were 1.5 to 6 times larger than other treatments.²

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Meditators enjoys the full advantaged of TM if they meditate regularly twice a day, especially if this happened in a longer period of time. A study published in 2018 about the integration of TM into alcohol abuse treatment shows that those who were closely adherent to twice-daily TM improved significantly compared to the members of the control group: their return to any drinking was far lower (25% vs 59%), and none returned to heavy drinking following discharge from in-patient care (0% vs. 47%) during the research.³ Another study concluded that irregular or occasional practice still have beneficial effect on heavy drinking of men.⁴

The unique advantages of TM for the prevention and handling of alcohol and drug abuse on college campuses include:

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² O’Connell, David F and Deborah L. Bevinno (eds): Prescribing Health. Transcendental Meditation in Contemporary Medical Care. The Use of Transcendental Meditation technique in Promoting
  ³ Jan Gryczynski, Robert P. Schwartz, Marc Fishman, Courtney Nordeck, James Grant, Sandford Nidich, Stuart Rothenberg, Kevin E. O’Grady: Integration of Transcendental Meditation® (TM) into alcohol use disorder (AUD) treatment. Journal of Substance Abuse Treatment, Volume 87, April 2018, p. 23-30
  https://www.journalofsubstanceabusetreatment.com/article/S07405472(17)304361/abstract
The personal benefits of TM practice are cumulative and the regular practice of TM over time can refine, purify, expand and balance consciousness, simultaneously counterbalancing and blocking addictive tendencies. This includes long term neuropsychological growth toward a more stable and permanent state of functioning, characterized by greater emotional and behavioral stability, inner happiness and psychological well-being.

The practice of TM reduces psychiatric symptoms common with addictive individuals.

The practice of TM simultaneously has been shown to have positive healing effects on many physical disease states and a certain extent can help reverse the physiological damage produced by alcohol and other neurotoxic drugs.


4. Legal Sanctions of Drug and Alcohol Abuse

4.1 Legal Sanctions for Abuse of Illicit Drugs

Summary of the Legislation

Both state and federal laws prohibit distribution and manufacture of, or possession with intent to distribute a controlled substance, or a counterfeit controlled substance. The length of imprisonment and the dollar amount of fine is dependent upon the type and the quantity of the drug involved.
Federal penalties range from 5-year confinement to not more than life imprisonment, and fine up to 5 or 10 million dollars, for the first violation, depending upon the type and quantity of drug involved.

State penalties range from 6 months to life confinement and a fine of $1,000 to $1,000,000, depending upon the type and quantity of drug involved. Conviction may also result in the loss of state and federal benefits, such as grants, school loans, or work assistance, during the time periods required by law.

The maxi MIU term and fine increase significantly if state or federal penalty enhancement rules apply. Factors which raise maxi MIU penalties under federal penalty enhancement rules include death or serious bodily injury; prior drug conviction; placing at risk or distributing a drug to a person under 21 years old; using a person under 18 years of age to assist in the drug violation; and distributing or manufacturing a drug within 1,000 feet of school property. Penalty enhancement rules apply to defendants age 18 years or older.

Factors which raise maxi MIU penalties under state penalty enhancement rules include using firearms or dangerous weapons in the commission of the offense (sentence will be 2 times higher); distributing or possessing with intent to distribute within 1,000 feet of school, public pool, or recreation center (maybe sentenced for additional 5 years or 100 hours community service).

State and federal legal sanctions are subject to change by the General Assembly and Congress, respectively.

Sources:

- Specific drugs, amounts, and penalties are described in Iowa Code § 124 (124.401-124.417.)
- Schedule of federal penalties for the possession, use and distribution controlled substances
- Title 21 United States Code (USC) Controlled Substances Act

4.2 Legal Sanctions for Abuse of Alcohol

Summary of the Legislation
In Iowa, it is prohibited by law to sell, give, or otherwise supply alcoholic liquor, wine, or beer to any person knowing or having reasonable cause to believe that person to be under legal age (21 years).

Criminal penalties imposed by the courts for an underage minor purchasing or attempting to purchase or controlling or possessing an alcoholic beverage:

▪ First violation - simple misdemeanor punishable by a $100 fine.

▪ Second violation - simple misdemeanor punishable by a fine of $500. Additionally, the person in violation shall choose between either completing a substance abuse evaluation or the suspension of the person's motor vehicle operating privileges for a period not to exceed one year.

▪ Third and subsequent violations - simple misdemeanor punishable by a fine of $500 and the suspension of the person's motor vehicle operating privileges for a period not to exceed one year. When the violation is committed by a minor under age 18, the matter is handled by the juvenile court.

Sources:
❖ Iowa Code Section §123.47
❖ Iowa Alcoholic Beverage Control Act
❖ Local ordinances: City of Fairfield, Iowa Code of Ordinances Chapter 9.32 “Consumption or Possession of Alcoholic Liquor” (p.198-199)

4.3 Legal sanctions of driving under the influence

Driving a vehicle while impaired due to consumption of alcohol or drugs is a dangerous crime. Charges range from misdemeanors to felony offenses, and penalties for impaired driving can include driver’s license revocation, fines, and jail time. A first-time offense can cost the driver upwards of $10,000 in fines and legal fees.

Under Iowa law, criminal consequences applied for people above the age of 21, if they operate while under the influence of alcohol or a drug or while having an alcohol concentration of .08 or more (OWI) in their blood or urine are:

▪ Imprisonment for mini MIU forty-eight hours maxi MIU 5 years, and payment of fine, surcharges and fees, and revocation of the person’s driver’s license for a mini MIU period of one hundred eighty days maxi MIU six years.

▪ The consequences are dependent upon the number of violations.
• In case of third or more offences courts may assign the violator to substance abuse evaluation and treatment, a course for drinking drivers, and, if available and appropriate, substance abuse prevention program and might apply additional sentencing terms and conditions.

Stricter rules apply for those who are under 21. A person who is under the age of twenty-one shall not operate a motor vehicle while having an alcohol concentration of .02 or more. Criminal penalties are as discussed above. If criminal penalties are not applied, driver’s license or operating privilege is revoked for one hundred eighty days if the person has had no revocation before, or one year if the person has had a previous revocation.

Sources: ✷ Legislative Guide: Operating While Intoxicated (OWI) Law in Iowa ✷ Iowa OWI Law - table

5. MIU’s Alcohol and Drug Policies as described in Student, Employee and Faculty Handbooks

Maharishi International University strives to maintain a campus that is free from alcohol and illicit drug use.

MIU prohibits the possession, use, manufacture and/or distribution of alcohol and controlled substance (illicit drugs) on campus and off-campus courses, trips and events sponsored by MIU.

5.1 Summary of Policies and Procedures about Alcohol and Drug Use from the Student Handbook

Any student who uses alcohol or illicit drugs, promotes the use of these substances, makes them available to others, or is found in the presence of these substances, in violation of the Student Code of Student Behavior and/or the law, is subject to disciplinary consequences.

A student who is found in alleged violation of the alcohol or drug policies is required to have a Dean’s Meeting with the Dean of Student Life or his or her designee or attend a Student Support Meeting.

All infractions are investigated and adjudicated on a case-by-case basis.

Disciplinary consequences are warning, probation and suspension.
Other applicable measures includes but not limited to: screening and assessment, referral to the Student Success Center, fines, making amends, a behavioral contract, a course in anger management/alcohol education/drug education.

If appropriate, the case might be referred to law enforcement, as well.

For those, who voluntarily seek help with their alcohol and illicit drug problems, MIU’s Student Life Department provides confidential and free support services, counseling and opportunity to take part in support groups. Student Life also distributes information about support services available off-campus.

For more details see Student Handbook

5.2 Summary of Policies and Procedures about Alcohol and Drug Use applicable to Faculty and Staff

A member of faculty and staff, who is found in possession, use, manufacture and/or distribution of alcohol and controlled substance (illicit drugs) on campus and off-campus courses, trips and events sponsored by MIU, is subject to disciplinary procedure.

All violation of MIU’s alcohol and drug policy is investigated and adjudicated on a case-by-case basis. If appropriate, the case might be referred to law enforcement, as well.

A faculty or staff, who is found in alleged violation of the alcohol or drug policies is required to have a meeting with a committee composed of their supervisor/head of department and/or Director of Human Resources and/or Dean of Faculty and/or Chief Administrative Officer.

Disciplinary consequences are warning, suspension or termination of employment.

Other applicable measures include, but are not limited to: screening and assessment, alcohol and/or drug abuse treatment, alcohol and/or drug abuse education.

For those voluntarily seeking help with their alcohol and illicit drug problems, the Office of Dean of Faculty and/or Human Resources Department distributes information about support services available off-campus and depending upon the circumstances, the University might also provide free and confidential counselling.
For more details see [Employee Handbook](#) and [Faculty Handbook](#).