

Drug-Free Schools and Communities Act Amendments of 1989

Annual Notification 2019

The Long Island Business Institute (LIBI) adheres to and complies with the Drug-Free Schools and Communities Act Amendments of 1989 (Public Law 101-226), which require an Institution of Higher Education (IHE) to certify with the United States Department of Education that it has adopted and implemented programs to prevent the illicit use of drugs and the abuse of alcohol by students and its employees. The Drug-Free Schools Act, which has been adopted by LIBI, will be published and disseminated to students and employees, in writing, annually and will be enforced under this section.

This notification serves as a reminder of the standards of conduct relating to drugs and alcohol, the health risks associated with drug and alcohol abuse, and the availability of support for those members of the LIBI community experiencing drug or alcohol problems.

Overview:

LIBI's primary focus and priority is to ensure the safety and wellbeing of our students and employees. An important component of this commitment is the prevention of substance abuse by members of the LIBI community. Substance abuse obstructs learning, teaching and personal development. However, there are also serious criminal and disciplinary implications for students and employees who use, manufacture, or sell controlled or illicit substances on any of LIBI's properties, at LIBI sponsored events, or while representing the college. This notification recognizes LIBI's responsibility to implement and enforce alcohol and drug regulations that are consistent with New York State laws.

LONG ISLAND BUSINESS INSTITUTE DRUG/ALCOHOL USE AMNESTY POLICY

LIBI Drug/Alcohol Amnesty Policy is intended to encourage students to seek medical assistance related to drug and/or alcohol use without fear of being disciplined for such use. Drugs/Alcohol can result in addiction and may be life-threatening. It is LIBI's intent to reduce barriers to getting medical and/or other form of help in an effort to diminish dependency.

- LIBI wishes to encourage any student under the influence of drugs and/or alcohol who may be the victim of, witness to, or otherwise becomes aware of violence whether it's domestic violence, dating violence, stalking, sexual assault, sexual harassment, gender-based harassment, to report that violence or harassment to LIBI's administration or to the proper law enforcement authorities.
- Likewise, if the student is the victim of, witness to, or otherwise becomes aware of violence or sexual harassment or gender-based harassment and who reports such violence or harassment will not be disciplined for the consumption of alcohol, drugs, or other controlled substances.

- If in good faith, a student who seeks medical assistance for him/herself or others and/or who receives medical assistance as a result of seeking help will not be disciplined for the consumption of alcohol, drugs, or other controlled substances.
- In the interest of the student, LIBI will, however, support the student in seeking help in the form of alcohol and/or drug treatment/therapy.
- This policy is intended both to implement Article 129-B of the Education Law (which mandates drug and alcohol amnesty for reporters of violence) and to complement New York State's Good Samaritan Law, which is designed to encourage individuals to call 911 in the event of an alcohol or drug-related emergency. Generally, the Good Samaritan Law protects persons who witness or suffer from a medical emergency involving drugs or alcohol from being arrested or prosecuted for drug or underage alcohol possession after they call 911. It does not protect against arrest or prosecution for other offenses, such as the sale of drugs.

LIBI's Amnesty Policy is intended to encourage a student under the influence, or who is a victim of or is witness to any activity considered to be against LIBI's policies, to seek help without the added pressure of disciplinary actions being taken. However, the policy will not tolerate sexual misconduct as defined by LIBI's Policy on Sexual Misconduct. This policy does not protect those who cause or threaten physical harm to others or cause damage to property not belonging to them. This policy does not protect against arrest or prosecution for other offenses, such as the sale of drugs.

Medical Amnesty and Good Samaritan Policy:

Student health and safety are primary concerns of the Long Island Business Institute. Because LIBI has a strict policy against alcohol and drug use on its campuses, students may be reluctant to seek medical help because of the disciplinary repercussions for themselves or the person in need of assistance. To encourage students to seek medical attention for a fellow student suffering an alcohol or other drug overdose on campus when the emergency is potentially life threatening, LIBI will treat that report under its Medical Amnesty and Good Samaritan Policy.

Students are expected to contact the Registrar, the Provost, or the Director of Operations and Institutional Effectiveness when they believe that medical assistance is urgently needed for an individual suffering an alcohol or other drug overdose. A Senior College Administrator will contact ambulance emergency crews to assist the student. If there is more than one student involved in alcohol and drug use on campus, and one of them attempts to help the other(s) by making a 9-1-1 phone call or notifying the school administration, this student will not be subject to LIBI's disciplinary actions under the alcohol and drug policies if he/she completed the recommended alcohol/drug education activities, assessment, and/or treatment depending on the level of concern for student health and safety in a specified time frame.

Serious or repeated incidents will prompt a higher degree of medical concern. Failure to complete recommended follow-up will normally result in disciplinary action up to and including dismissal without recourse.

Amnesty for Students Who Report Sexual Misconduct:

LIBI encourages reporting and seeks to remove any barriers to reporting by making the procedures for reporting transparent and straightforward. LIBI recognizes that an individual who has been drinking or using drugs at the time of the incident may be hesitant to make a report because of potential Student Conduct consequences for his/her own conduct. An individual who reports sexual harassment or misconduct, either as a Complainant or a third party witness, will not be subject to disciplinary action by the College for his/her own personal consumption of alcohol or drugs at or near the time of the incident provided that any such violations did not and does not place the health or safety of any other person at risk. LIBI may, however, initiate an educational discussion or pursue other educational remedies regarding alcohol or other drugs.

Controlled Substances:

Federal law has numerous penalties for the illegal possession of controlled substances, possession of crack cocaine, and trafficking in methamphetamine, heroin, cocaine, cocaine base, PCP, LSD, fentanyl, and fentanyl analogue.

Possession sentences range from up to one-year imprisonment and \$1,000 fine to 15 years imprisonment and fines up to \$5,000. Forfeiture of personal and real property used to possess or to facilitate possession of a controlled substance can be a sanction for convictions. Sanctions can also include **denial of federal benefits, such as student loans, grants***, contracts, public housing tenancy, eligibility to receive or purchase firearms, and professional and commercial licenses. Federal trafficking sanctions can range from one-year imprisonment and \$100 fine to life in prison and a fine of \$20 million.

All students wishing to discuss financial aid eligibility due to a drug conviction are encouraged to set up a private meeting with the Financial Aid Director or the Associate Director of Administration and Financial Aid Systems as soon as feasible.

****Denial of Federal Aid (20 USC 1091):***

Under the Higher Education Act of 1998, students convicted under federal or state law for the sale or possession of drugs will have their federal financial aid eligibility suspended. This includes all federal grants, loans, federal work study programs, and more. Students convicted of drug possession will be ineligible for one year from the date of the conviction of the first offense, two years for the second offense, and indefinitely for the third offense. Students convicted of selling drugs will be ineligible for two years from the date of the first conviction, and indefinitely for the second offense. Those who lose eligibility can regain eligibility by successfully completing an approved drug rehabilitation program.

Students convicted of a drug-related offense after submitting the FAFSA might lose eligibility for federal student aid, and may be liable for returning any financial aid received during a period of ineligibility. For further information see the link below:

<http://studentaid.ed.gov/eligibility/criminal-convictions#if-your-eligibility-for-federal-student-aid-has-been-suspended-due-to-a-drug-conviction>.

NY Code - Section 220.00: Controlled substances; definitions 220.00 Controlled substances; definitions.

Section 220 of the New York Penal Law defines those drugs considered “Controlled Substances,” including narcotic drugs, narcotic preparations, hallucinogens (LSD, “hallucinogenic mushrooms,” etc.), stimulants, depressants, and concentrated forms of cannabis. Individual statutes deal with the criminal possession or sale of these substances and are categorized as misdemeanors or felonies depending on the specific substance, the amount of the substance in question, or the circumstances surrounding the possession or sale of the substance. Possession or sale (or possession with intent to sell) of even a very small amount of some substances is considered a felonious offense and may result in a lengthy jail sentence. With the exception of “Criminal Possession of a Controlled Substance in the Seventh Degree,” which is Federal, State and Local Legal Sanctions:

Conviction of possession and sale of controlled substances carries a number and variety of penalties under New York State law. Sanctions range from fines to prison terms of 8 years to 30 years, depending upon the nature of the substance, the criminal act and the character of the crime. Federal Trafficking Law convictions also carry a variety of penalties which range from 5 years to life in prison and substantial fines.

New York Penalties and Sentences:

A defendant convicted of a class A-1 felony (possession of eight or more ounces of substances containing a narcotic drug or 5,760 milligrams of methadone) may be sentenced to a term of 8 to 30 years imprisonment or a fine of \$100,000. Convictions of class B to class E felonies range from sentences of a minimum of one year to a maximum of 1.5 to 9 years or fines ranging from \$15,000 to \$30,000 for class B and class C felonies.

Penalty Details:

Marijuana and its synthetic "equivalents" are considered Schedule I hallucinogenic substances under New York Public Health Law. Synthetic equivalents include resinous extracts and derivatives with similar chemical properties.

For more information please see:

New York Pub. Health §3306(d)(13)

New York Pub. Health §3306(d)(21)

<http://www.health.ny.gov/professionals/narcotic/>

LIBI’s Drug and Alcohol Policy:

The standards of conduct under this policy apply to all students who are registered at LIBI for at least one course for any type of credit. Students who are employed by LIBI either on a part-time job basis or as part of the Federal Work Study program must adhere to both student and

employee policies. Furthermore, potential students seeking admission at LIBI, must comply with this policy during the enrollment process.

LIBI strongly supports comprehensive substance abuse prevention initiatives, including education, early intervention, and treatment programs as the most effective means to help reduce and deter alcohol and drug abuse. LIBI expressly prohibits the unlawful possession, use, or distribution of drugs and alcohol by students, faculty, or staff members while on LIBI property, while participating in LIBI-sponsored activities, or while representing LIBI at events outside of the college. All members of the LIBI community are responsible for complying with federal, state, and local laws on the possession, use, and sale of alcohol and illicit drugs. Any member of the LIBI community (including staff, faculty, and students) found to be in violation of this policy will be subject to strict disciplinary actions, up to and including dismissal from the college or termination of employment, as applicable.

Employees and individuals engaged in directly performing work for LIBI may not report to work under the influence of drugs or alcohol. All employees or individuals performing work for LIBI are expected to exercise discretion in consuming alcohol while attending college-sponsored events at which alcohol is being served.

Alcohol Tests for Employees

When requesting or requiring an alcohol test, the College will consider an employee with a blood alcohol level of 0.06 or greater to be “impaired.”

Behaviors Explicitly Prohibited by this policy include but are not limited to:

- appearing at work under the influence of alcohol or illegal drugs;
- conducting LIBI business while under the influence of alcohol or illegal drugs (whether or not the employee is actually on work premises at the time);
- consuming alcohol or using illegal drugs on campus;
- consuming alcohol or illegal drugs while conducting LIBI business (whether or not the employee is actually on work premises at the time);
- possessing, buying, selling, or distributing alcohol or illegal drugs on campus;
- possessing, buying, selling, or distributing alcohol or illegal drugs while conducting LIBI business (whether or not the employee is actually on work premises at the time).

This policy also covers times when employees are on call but not working.

Employees who violate this policy will face disciplinary action, up to and including termination of employment.

We do not prohibit employees from consuming alcohol at social or business functions that we sponsor where alcohol is served. Even at these functions, however, employees may not consume alcohol to the point of intoxication or to the point where they endanger their own safety or the safety of others.

Employees must always conduct themselves professionally and appropriately while conducting business on LIBI's behalf or while representing LIBI at a third-party function.

Students who arrive on campus intoxicated will not be permitted to remain in school and will face disciplinary sanctions commensurate with the level of transgression. Students, who are found to be consuming alcohol on campus, or engaging in illegal drug use, will face immediate suspension and sanctions described in the section below.

Depending on the severity of the infraction under this policy, student sanctions may include but are not limited to: written warning to be retained in the student's file, parental notification, educational sanctions (workshop attendance, research/reflection papers), disciplinary probation, referral for appropriate rehabilitation, substance abuse assessment*, loss of privileges, suspension, dismissal and prosecution to the fullest **extent** of the **law**.

**Students whose alcohol or drug use results in harm or the threat of harm to themselves, others in the college community, or to LIBI's property, regardless of the location of the incident, may face disciplinary action by the college up to and including expulsion and/or arrest.*

If deemed necessary by the President, the Provost, or the Student Disciplinary Hearing Committee, a student accused of violating LIBI's drug-related policies may be required to submit to testing for the presences of illegal substances. In these cases, students will be required to get drug-tested by a medical professional at the student's expense as often as deemed necessary by the college. The student will be required to submit results of the tests to the appropriate administrator. Any student whose test results indicate continued drug use may face additional disciplinary action by the college up to and including expulsion.

Drug Abuse:

Drug abuse is defined by the National Institute on Drug Abuse (NIH) as "the use of illegal drugs or the inappropriate use of prescription drugs.

The repeated use of drugs to produce pleasure, alleviate stress, and/or alter or avoid reality. In research and clinical practice, the term "drug abuse" is often used diagnostically to indicate that a patient continues to use a drug despite adverse social, legal, or occupational consequences, but is not subject to drug tolerance or withdrawal." For more information see: <http://easyread.drugabuse.gov/>

Because LIBI strongly supports comprehensive substance abuse prevention initiatives, including education, all students and employees are highly encouraged to view the link below to better understand "Why Are Drugs So Hard to Quit?" <http://easyread.drugabuse.gov/quit-drugs-video.php>

Drug Addiction/Drug Dependence:

Drug addiction is a multifarious disease. Overcoming a drug addiction takes more than good intentions or a strong will. Addiction is widely considered a brain disease because drug use

changes the structure of the brain and how it works. A key characteristic of drug addiction is the compulsive desire to seek and use the drug despite its harmful consequences.

Although most people experiment with drugs voluntarily, overtime a person's ability to exert self-control becomes seriously compromised. Brain imaging studies from drug-addicted individuals show actual physical changes in areas of the brain that are critical to judgment, decision-making, memory, and behavior control.¹

Drugs introduced into the body through smoking or injections have an increased addictive potential.² This is because both smoked and injected drugs enter the brain within seconds and produce a powerful "high". Researchers studying addiction to smoked and injectable drugs believe that because the intense "high" from these drugs generally fades within a few minutes and produces an intense and harshly felt contrast, individuals are driven to repeated drug abuse in an attempt to recapture the euphoric feeling of pleasure.

Under the Controlled Substances Act the FDA defines "addict" as any individual who habitually uses any narcotic drug so as to endanger the public morals, health, safety, or welfare, or who is so far addicted to the use of narcotic drugs as to have lost the power of self-control with reference to his/her addiction.

Costs of substance abuse in the United States (including productivity and health- and crime-related costs) exceed \$600 billion annually. Approximately \$193 billion is spent nationally because of illicit drug use,³ \$193 billion for tobacco,⁴ and \$235 billion for alcohol.⁵

¹ Fowler JS, Volkow ND, Kassed CA, Chang L. *Imaging the addicted human brain*. *Sci Pract Perspect* 3(2):4-16, 2007.

² Verebey K, Gold MS. *From coca leaves to crack: the effects of dose and routes of administration in abuse liability*. *Psychiatr Annals* 18:513–520, 1988.

³ Hatsukami DK, Fischman MW. *Crack cocaine and cocaine hydrochloride: Are the differences myth or reality*. *JAMA* 276:1580-1588, 1996.

³ National Drug Intelligence Center (2011). *The Economic Impact of Illicit Drug Use on American Society*. Washington D.C.: United States De-partment of Justice. Available at: [http://www.justice.gov/archive/ndic/pubs44/44731/44731p.pdf\(PDF, 2.4MB\)](http://www.justice.gov/archive/ndic/pubs44/44731/44731p.pdf(PDF, 2.4MB))

⁴ Centers for Disease Control and Prevention. *Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses—United States, 2000–2004*. *Morbidity and Mortality Weekly Report*. Available at: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5745a3.htm>

⁵ Rehm, J., Mathers, C., Popova, S., Thavorncharoensap, M., Teerawattananon Y., Patra, J. *Global burden of disease and injury and economic cost attributable to alcohol use and alcohol-use disorders*. *Lancet*, 373(9682):2223–2233, 2009.

Commonly abused substances include:

The information below was taken from, and is available in greater detail at:

<https://www.drugabuse.gov/publications/teaching-packets/neurobiology-drug-addiction/section-iii-action-heroin-morphine/10-addiction-vs-dependence>

<https://www.drugabuse.gov/publications/media-guide/most-commonly-used-addictive-drugs>

- Opiates and narcotics are powerful painkillers that cause drowsiness (sedation) and feelings of euphoria. These include heroin, opium, codeine, meperidine (Demerol), hydromorphone (Dilaudid), and Oxycontin.
- Central nervous system stimulants include amphetamines, cocaine, dextroamphetamine, methamphetamine, and methylphenidate (Ritalin). Caffeine and nicotine are the most commonly used stimulants. These drugs have a stimulating effect, and people can start needing higher amounts of these drugs to feel the same effect (tolerance).
- Central nervous system depressants include barbiturates (amobarbital, pentobarbital, secobarbital), benzodiazepine (Valium, Ativan, Xanax), chloral hydrate, and paraldehyde. The most commonly used, by far, is alcohol. These substances produce a soothing sedative and anxiety-reducing effect and can lead to dependence.
- Hallucinogens include LSD, mescaline, psilocybin ("mushrooms"), and phencyclidine (PCP or "Angel Dust"). They can cause people to see things that aren't there (hallucinations) and can lead to psychological dependence.
- **Tetrahydrocannabinol (THC)** is the active ingredient found in marijuana (cannabis) and hashish. Although used for their relaxing properties, THC-derived drugs can also lead to paranoia and anxiety.

References:

Tintinalli JE, Kelen GD, Stapczynski JS, Ma OJ, Cline DM. Toxicology and pharmacology. In: Tintinalli JE, Kelen GD, Stapczynski JS, Ma OJ, Cline DM, eds. Emergency Medicine: A Comprehensive Study Guide. 6th ed. Columbus, OH: McGraw-Hill; 2006: section 14.

McPherson RA, Pincus MR. Toxicology and therapeutic drug monitoring. In: McPherson RA, Pincus MR, eds. Henry's Clinical Diagnosis and Management by Laboratory Methods. 21st ed. Philadelphia, Pa: Saunders Elsevier; 2006: chap 23.

Sachs C, Wheeler M. Examination of the sexual assault victim. In: Roberts JR, Hedges JR, eds. Clinical Procedures in Emergency Medicine. 5th ed. Philadelphia, Pa: Saunders Elsevier; 2009: chap 58.

Looking for Treatment?

If you, or someone you know or care about, should be seeking help for drug related problems call **1-800-662-HELP (4357)** at any time to find drug treatment centers near you.

For an extensive list of local and national organizations helping individuals recover from substance abuse, students should speak to their academic advisor or the Registrar.

Alcohol Use Disorder:

Four out of five college students admit to drinking alcohol. Approximately half of the college students, who admit to drinking, consume it through binge drinking.

Alcohol consumed irresponsibly or illegally (by those under the legal drinking age) affects college communities across the nation. According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), about 18 million people in the United States have an alcohol use disorder, classified as alcohol dependence (i.e. alcoholism).

The following consequences of excessive alcohol consumption were reported by the NIAAA: <https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/alcohol-facts-and-statistics>

- **Death:** 1,825 college students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries.
- **Assault:** More than 690,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking.
- **Sexual Abuse:** More than 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape.
- **Injury:** 599,000 students between the ages of 18 and 24 receive unintentional injuries while under the influence of alcohol.
- **Academic Problems:** About 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall.
- **Health Problems/Suicide Attempts:** More than 150,000 students develop an alcohol-related health problem and between 1.2 and 1.5 percent of students indicate that they tried to commit suicide within the past year due to drinking or drug use.
- **Drunk Driving:** 2.8 million students between the ages of 18 and 24 reported driving under the influence of alcohol.

Driving While Intoxicated and Driving with Ability Impaired by Drugs:

If you drink, don't drive!

Alcohol or drug related driving offenses in New York State carry criminal, penal, civil or administrative consequences. The criminal consequences may include all or some of the following: court-imposed fines and surcharges, a sentence of probation or conditional discharge with a condition that you install and maintain an Ignition Interlock Device (IID) in all vehicles you own or operate, and imprisonment. If the IID detects alcohol on the driver's breath, the engine will not start.

A driver causing a death or serious injury as a result of a traffic accident while intoxicated or impaired by alcohol or drugs, may face additional criminal charges under the Penal Law for vehicular assault, aggravated vehicular assault, vehicular manslaughter, and aggravated vehicular homicide, punishable by up to 15-25 years in prison.

The civil or administrative consequences will include fines, mandatory surcharges and related fees levied by the Department of Motor Vehicles ("DMV"), and the suspension or revocation of your driver's license by DMV.

Convictions under these statutes may lead to fines, legal fees, and increased insurance premiums. Further, conviction under a misdemeanor drug or alcohol-related driving offense results in a criminal record which may have to be reported when seeking employment, applying to other college programs, and applying for financial aid.

HOW MANY DRINKS MAKE YOU LEGALLY INTOXICATED?

In New York State, you are legally intoxicated when your BAC reaches .08%. You are considered to be driving while ability impaired (“DWAI”) when your BAC is more than .05%, but less than .08%.

Alcohol consumption in any amount affects the judgment and coordination of a driver. The degree of impairment depends on four basic factors: (a) how much is consumed; (b) how long the person drinks; (c) eating before or during drinking, as food slows absorption of alcohol; and (d) the person’s body weight.

A 12-ounce can of beer, 5-ounce glass of wine, or a shot of 86-proof liquor all contain the same amount of alcohol. Your body metabolizes about one drink each hour. Only time will truly sober you up, not coffee, a walk, or a cold shower.

Prevention through Education:

LIBI strongly believes that education and awareness is the best method of preventing alcohol and drug abuse. As such, periodically throughout the year LIBI offers workshops and sponsors speakers on the dangers of drug and alcohol abuse. LIBI also distributes and makes available informational materials dealing with drug and alcohol consumption through the library and the Academic Success Center at all three locations. All LIBI students and employees are highly urged to attend these seminars and to read the informational materials provided. To obtain more information regarding the dangers and health risks associated with alcohol or chemical substance consumption and dependency please visit the LIBI library or speak to an Academic Advisor or the Registrar.

- Help is available 24-hours a day, 365 days a year for alcoholism, drug abuse and problem gambling -- call 1-877-8-HOPENY (1-877-846-7369) or visit <http://www.oasas.ny.gov/pio/needhlp.cfm>

All calls are toll-free, anonymous and confidential

- Help is also available through the Substance Abuse and Mental Health Services Administration (SAMHSA). Call the SAMHSA Treatment Referral Helpline: 1-800-662-HELP (4357) / 1-800-487-4889 (TDD)

To report synthetic drug abuse, sale, manufacturing, distribution or possession:
Call 1-888-99-SALTS (1-888-997-2587)

Biennial Review:

Long Island Business Institute conducts a biennial review of our drug and alcohol programs and policies to determine program effectiveness and consistency of policy enforcement and to identify and implement any changes needed to either. Members of the community may request a copy of the Biennial Review in the library at each location (Flushing Campus, NYC Extension Center, and Commack Campus). Or by sending a request through email to the Director of Operations & Institutional Effectiveness (jaybar@libi.edu) and/or the Director of Intercampus Activities & Special Projects (ronaldmurray@libi.edu).

For a detailed list of potential health problems caused by prolonged use of illicit drugs or dependence on alcohol and a comprehensive listing of associations and organizations, please review the LIBI's Annual Campus Safety and Security Report.

LIBI Queens Campus Library Resources on Drugs, Alcohol, and Substance Abuse

Drug abuse: opposing viewpoints. San Diego, Calif.: Greenhaven Press, 1999. Print

Abraham, Henry. *What's a parent to do?: Straight talk on drugs and alcohol.* Liberty Corner, NJ: New Horizon Press, 2004. Print

Dodes, Lance M. *The heart of addiction.* New York: HarperCollins, 2002. Print

Fisher, Gary L. *Substance abuse: information for school counselors, social workers, therapists, and counselors.* Boston: Pearson, 2009. Print

Freimuth, Marilyn. *Addicted?: recognizing destructive behavior before it's too late.* Lanham: Rowman & Littlefield, 2008. Print

Holmes, Ernest. *Alcoholism: its cause and cure from view point of science of mind.* Los Angeles, CA: Science of Mind, 1999. Print

Moyers, William Cope. *Broken: my story of addiction and redemption.* New York, N.Y.: Viking, 2006. Print

Peltz, Lawrence A. *The mindful path to addiction recovery: a practical guide to regaining control over your life.* Boston: Shambala Publication, 2013. Print

Sheff, David. *Beautiful boy: a father's journey through his son's addiction*. Boston: Mariner Books, 2009. Print

Sheff, David. *Clean: overcoming addiction and ending America's greatest tragedy*. New York: Houghton Mifflin Harcourt Publishing Company, 2013. Print

Sheff, Nic. *Tweak: (growing up on methamphetamines)*. New York: Athenaeum Books for Young Readers, 2009. Print

Spickard, Anderson. *Dying for a drink*. Nashville, Tenn.: W Pub. Group, 2005. Print

Swartzwelder, Scott. *Buzzed: the straight facts about the most used and abused drugs from alcohol to ecstasy*. New York, NY: W.W. Norton, 2008. Print

Other resources are available in the library at all three locations (Flushing Campus, NYC Extension Center, and Commack Campus. To review the list, please [click here](#).

Free Resources to take with you

Drug Free World Pamphlets: available at the library and student lounge.

- The Truth About Drugs Booklet
- What Is Marijuana?
- The Truth About Alcohol Booklet
- What Is Cocaine?
- What Is Crystal Meth?
- RESCRIPTION DRUG ABUSE: A SERIOUS PROBLEM
- The Truth About Painkiller Abuse Booklet
- The Truth About Ritalin Abuse Booklet
- What Is LSD?

For information about local self-help meetings you may contact:

Alcoholic Anonymous

<http://www.aa.org>

New York

New York Intergroup

<http://www.nyintergroup.org>

Main: (212)647-1680

TDD: (212)647-1649, FAX: (212)647-1648

Site:

New York

Oficina Central Hispana De A.A **New York**

<http://www.oficinacentralhispanany.org>

Main: (212)348-2644

FAX: (212)348-2689

Adult Children of Alcoholics

<http://www.adultchildren.org/>

Adult Children of Alcoholics is an anonymous Twelve Step program of women and men who grew up in an alcoholic or otherwise dysfunctional homes.

AI-Anon Family Intergroup of Greater New York

<http://www.nycalanon.org/>

The AI-Anon organization helps families and friends of alcoholics.

Telephone: 212.941.0094 Fax: 212.941.6119

New York Nar-Anon

<http://www.usrecovery.info/New-York.htm>

The Nar-Anon organization helps families and friends of drug addicted persons.

Telephone: 1.800.984.0066

Suicide Prevention

<http://www.suicidepreventionlifeline.org/>

Telephone: 1.800.273.TALK

Information for Veterans

<http://www.benefits.va.gov/benefits/>

- **Benefits:** 1-800-827-1000
- **Call Center for Homeless Vets:** 1-877-424-3838
- **Medical Centers:** 1-800-827-1000
- **Persian Gulf War Helpline:** 1-800-749-8387
- Locate the closest **VAMC** or **VA Regional Office:** 1-877-222-8387

National Coalition for Homeless Veterans

<http://www.nchv.org/>

1-800-838-4357 (1-800-VET-HELP)

Focus on Recovery Helpline (alcohol/drugs)

1-800-374-2800 or 1-800-234-1253

National AIDS Hotline

1-800-CDC-INFO (232-4636)

National Suicide Prevention Lifeline

1-800-SUICIDE (784-2433)

Traveler's Aid International

1-202-546-1127

Department of Health and Human Services Drug and Alcohol Treatment Referral Routing Service

1-800-662-4357

National Alliance for the Mentally Ill

1-800-950-6264

Mental Health America

1-800-969-NMHA