



**MULTIMEDIA UNIVERSITY COLLEGE OF KENYA**  
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## **MULTIMEDIA UNIVERSITY COLLEGE OF KENYA**

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(A CONSITITUENT COLLEGE OF JOMO KENYATTA  
UNIVERSITY OF AGRICULTURE AND TECHNOLOGY)

## **ALCOHOL, DRUG AND SUBSTANCE ABUSE POLICY**

**JUNE 2012**

## I. DEFINITION OF TERMS

- a. **Alcohol:** Is a central-nervous-system depressant that slows the activity of the brain and spinal cord.
- b. **Stimulants:** Are psychoactive drugs which induce temporary improvements in either mental or physical function or both.
- c. **Depressants:** Include barbiturates, sedatives and anti-anxiety drugs, usually taken orally. They depress not only the activity of the brain, causing an effect on the heart and respiration, but also muscle tissues.
- d. **Narcotics:** Psychoactive drugs with sleep-inducing properties. They include opium, morphine, heroin, codeine and synthetic substances that can be taken orally, snorted, smoked or injected into the skin or a vein.
- e. **Drug Abuse:** Consumption of illegal drugs or unhealthy use of legal ones.
- f. **Addiction:** A chronic disorder which has genetic, psychosocial, and environmental dimensions and is characterized by the continued use of a substance despite its detrimental effects, impaired control over the use of a drug, and preoccupation with a drug's use for non-therapeutic purposes.
- g. **Alcoholism:** Refers to a disease known as "Alcohol Dependence Syndrome".
- h. **Current Usage:** Consumption of alcohol or drugs within the last 30 days.
- i. **Past usage:** Previous consumption of alcohol or drugs by an individual in their lifetime.
- j. **Health Effects:** Consequences of alcohol and drug abuse on one's health.
- k. **Policy:** A guide which establishes the parameters for decision making and action.
- l. **Prevalence:** A measure of the frequency of a condition at a particular point in time.
- m. **Problem Drinkers:** Current users of alcohol whose drinking patterns meet some defined criteria, such as experiencing negative consequences (e.g. conflict with family members) as well as exhibiting one or more symptoms of alcohol dependency.
- n. **Treatment and Rehabilitation:** Enabling a patient cease substance abuse in order to avoid the psychological, legal, financial, social and physical consequences which are associated with it especially with extreme abuse.
- o. **Prohibited Substances.** Substances whose non-medical use, production or any other form of handling is prohibited by the laws of Kenya.
- p. **Multimedia University College Community.** This refers to (a) any students, duly registered for any course that lasts one month or more and (b) employees of all categories-casual, contract or permanent.

## **II. PREAMBLE**

- a. Alcohol and drug abuse has the potential to negatively affect the health, safety, productivity and performance of students or employees (Faculty and other staff) in institutions of higher learning. This results in low business output in such institutions. The well being of the students and employees is therefore of paramount importance. Although alcohol and drug abuse happens in the context of family and the wider society institutions of higher learning offer a chance for early detection, interventions and psycho-social support for both students and employees. This consequently benefits the employers, the family and the community at large.
- b. This policy expresses the Multimedia University college's educational concern for creating an environment for growth by and among its members and its commitment to the physical and emotional health and well-being of all those who work, study or congregate at the University College.

## **III. APPLICABILITY**

This Policy applies to all constituents of Multimedia University College of Kenya including students, full-time, part-time and temporary faculty and other staff; and to alumni, friends and guests on the University College campus, and will apply to all activities conducted on University College-owned property and to all University College-sponsored events.

## **IV. THE POLICY**

### **a. General**

- i. The Multimedia University College neither endorses nor discourages legal uses of alcohol by its members who are at least 18 years of age. Those under 18 are not permitted to consume, possess or be associated with alcohol under any circumstances on University College premises or at any University College event no matter where the event takes place.
- ii. The University College prohibits the illegal use, possession or distribution of controlled substances or association with gatherings involving such use, possession or distribution.
- iii. Members of the University College community are expected to be aware of and obey state, county and municipal laws or ordinances regulating the use, possession or sale of alcoholic beverages and controlled substances.

- iv. Those who are cited and or prosecuted for violations of laws or ordinances by state, county, or municipal authorities may also face university College disciplinary proceedings and may be required to pursue counseling; educational programmes or treatment.
- v. The University College reserves the right to take disciplinary action against any member of the University College community for off-campus behavior that violates this policy and brings disrepute to the institution.

## **V. UNIVERSITY COLLEGE'S REGULATIONS GOVERNING THE USE OF ALCOHOL**

As mandated by Alcoholic Drinks Act of 2010 – whose commencement date was 2010-11-22, the university shall seek to regulate consumption of alcohol in order to enhance a conducive learning environment, ensure safety and health of students and staff within the confines of the law.

Alcoholic beverages are allowed at the Multimedia University College of Kenya only as specifically outlined here:

- a.** Members of Multimedia University College community and their guests who are 18 years or older may consume moderate amounts of alcohol in University College's premises in a manner that recognizes the rights of others. No drinking or carrying of open containers of alcohol is allowed in common areas, offices, hallways, kitchens, lecture rooms/halls, laboratories, library or lounges of University College's premises. Exceptions may be made by the Principal, or Deputy Principal Academic Affairs (in case of students), Deputy Principal Administration and Finance or a designate for approved special events.
- b.** Alcoholic beverages are prohibited at University College's-sponsored Sports events on and off campus.
- c.** Drivers or passengers in University College's vehicles and University College's-sponsored vehicles shall not use alcohol.
- d.** Consumption of alcohol shall only be during the hours allowed by the alcohol control act Of 2007. i.e. 5.00 p.m. – 11.00.p.m. during weekdays and 2.00 p.m- 11.00 p.m.
- e.** Intoxication or alcohol abuse is not a permissible excuse for unlawful behavior or misconduct. Public drunkenness (identified by slurred speech, erratic behavior or difficulty with physical coordination), disorderly conduct, property destruction, intimidation or other infringements of the rights of others as a result of alcohol use are prohibited. Those who exhibit such behavior shall be assessed by university medical officer who shall recommend appropriate action.
- f.** Sale of alcohol shall in the meantime be restricted to the student center, the hotel and club house establishment. Any business selling alcohol must adhere to the Alcoholic Drinks Control Act of 2010, including acquiring the necessary licenses.

## **VI. ALCOHOL AT UNIVERSITY COLLEGE'S SOCIAL EVENTS**

- a. Alcoholic beverages may be served at events registered with the Deputy Principal, Academic Affairs, Deputy Principal Administration and Finance or a designate. Registration includes agreement to assume responsibility for monitoring and controlling the event. Persons under the age of 18 may attend such functions but will not be allowed to consume alcohol.
- b. Non-alcoholic beverages and food items should be provided and must be as accessible as the alcoholic beverages.
- c. The National Identification Card, Valid Passport or a valid driver's license, are required for proper identification or verification of age during social events.
- d. Alcohol will not be served to visibly intoxicated persons.
- e. Advertising or promoting alcohol as a primary attraction of an event and the marketing of alcohol by beverage manufacturers or distributors or by clubs, organizations, departments or divisions of the University College are prohibited.
- f. A division, department, club or organization that fails to follow these guidelines and procedures will lose its privilege to conduct social events for a period to be determined by Deputy Principal, Academic Affairs or his designee.

## **VII. 4.4 UNIVERSITY COLLEGE'S REGULATIONS GOVERNING THE USE OF TOBACCO**

As mandated by Tobacco Control Act of 2007 – whose commencement date was 2007-10-08, the university shall seek to provide a smoke free environment as well as protect the rights of smokers within the confines of the law.

Use of tobacco is allowed at the Multimedia University College of Kenya only as specifically outlined here:

- a. Members of the Multimedia University College Community and their guests who are 18 years or older may use tobacco products moderately in non enclosed spaces in a manner that recognizes the rights of others.
- b. No smoking is allowed in common areas, offices, hallways, kitchens, lecture rooms/halls, laboratories, hostels or lounges of University College's premises.
- c. Drivers or passengers in University College's vehicles and University College's-sponsored vehicles shall not use tobacco products
- d. The university administration shall designate areas of smoking where those who smoke can do so without compromising the rights of non-smokers to a smoke free environment.
- e. Sale of Tobacco products must adhere to the requirements of the Tobacco Control Act.
- f. Conditions related to abuse of tobacco products are not a permissible excuse for unlawful behavior or misconduct. Those who exhibit such behavior shall be assessed by university medical officer who shall recommend appropriate action.

## **VIII. SANCTIONS**

- a. Any Member of the Multimedia University College Community involved in the use or possession of a controlled substance will be referred to the Deputy Principal, Academic Affairs, Deputy Principal Administration and Finance or a designate. They will face substantial sanctions which could include suspension or expulsion or termination of employment from the University College whichever applies. Such persons can be required to enroll and actively participate in a drug or alcohol counseling programme or a rehabilitation programme as appropriately advised by the Deputy Principal, Academic Affairs or Deputy Principal Administration and Finance as appropriate.
- b. The University College reserves the right to evict a resident student, staff or guests from any of its premises for use or possession of a controlled substance at any time.
- c. A member of the Multimedia University College community who assists a drug-or alcohol-impaired person by alerting University officials, Public Safety personnel, local or county police, and/or professional medical assistance will not be subject to formal University College's discipline for the occasion on which they give assistance. This refers to isolated incidents only and does not excuse or protect those who flagrantly or repeatedly violate this policy.
- d. Those who voluntarily seek medical attention in these circumstances due to abuse of alcohol or illegal drugs will be immune from University College's disciplinary action concerning abuse for an initial offense. They must, however, submit to a substance abuse evaluation and to any treatment (counseling, therapy, outpatient or inpatient care, etc.) the evaluation suggests. Failing to comply with the evaluation or treatment recommendations will result in full disciplinary action for the original violation.
- e. Persons who violate this policy while on the University College Campus and with no University College's affiliation will be referred to civil or criminal authorities for appropriate action.
- f. These regulations are in addition to, not substitutes for, criminal sanctions provided for in Laws of Kenya. When required by law, violations of those statutes will be reported to the appropriate law enforcement agencies.

## **IX. ALCOHOL AND OTHER DRUG ABUSE PREVENTION PROGRAMMES**

- a. The efforts of the Drug and Alcohol Prevention Program at the University College are directed primarily toward educating students and staff about the effects of drugs and alcohol and helping them learn to make wise choices.
- b. Free and confidential alcohol and other drug evaluations and counseling are available from the University College Counseling Centre and the Health Center for students or staff who feel that their lives are being affected by their own or another's use of alcohol or other drugs. These facilities provide the same service to those whose illegal or problematic use of alcohol and other drugs results in a referral from the Multimedia University College of Kenya disciplinary system.

**APPENDIX I**

**EFFECTIVE DATE**

The date that this Alcohol, Drug and Substance Abuse Policy comes into effect is the .....

Issued this .....

**Chair, Alcohol and Drugs Steering Committee**

Signed \_\_\_\_\_ Date \_\_\_\_\_

**Deputy Principal, Academic Affairs, Multimedia University College**

Signed \_\_\_\_\_ Date \_\_\_\_\_

**Principal Multimedia University College**

Signed \_\_\_\_\_ Date \_\_\_\_\_

**Chairman of Council, Multimedia University College**

Signed \_\_\_\_\_ Date \_\_\_\_\_