

UNIVERSITY OF ILORIN, NIGERIA



DRUG AND ALCOHOL POLICY

2024

FOREWORD



**Professor Wahab Olasupo Egbewole SAN
The Vice Chancellor, University of Ilorin**

Globally, there has been an increase in the use/abuse of psychoactive drugs and substances, especially among the youth. Drug abuse is a serious issue with attendant complications such as academic underachievement or drop out, medical and psychological ill health, crimes and social disruptions.

In Nigeria, the youth constitute about 53.7% of the population, which translates to about 107 million, of which about 1.8 million are undergraduates. The University of Ilorin is the most sought after in terms of admissions. Therefore, in our tradition as a leading University, we must take necessary enduring and sustainable actions to prevent and mitigate the use of Drugs and other psychoactive substances on our dear campus.

Consequently, the University in March 2023 constituted The Committee on Illegal Use of Substances with a mandate to assess the use of substances in the university community, develop a campus policy for drug use, serve as a forum for members and guests from a range of campus and community groups to communicate about issues, policies and activities related to drugs, and make other suggestions that may assist the university in combating drug abuse on campus. After several reviews of the Draft Policy submitted by the Committee, the Senate of University of Ilorin, on the 28th August 2024, approved the Drug Policy for the University.

Therefore, I am delighted to introduce to The University of Ilorin Community, this comprehensive Policy document on Illegal Drug Use in the University of Ilorin. It is my hope that the Document will be an enduring guide to prevent drug abuse and mitigate its consequences on our campus.

Once again, on behalf of myself and the Management of this great University, I thank members of this Committee for coming up with this important Drug Policy Document.

Professor Wahab Olasupo Egbewole SAN
The Vice Chancellor, University of Ilorin

Introduction by the Chairman of the Committee on Illegal substance use on campus

The Nigeria Drug Survey of 2018 showed that 14.3 million Nigerians aged 17 to 64 years abuse drugs. Field reports from practitioners and stakeholders will suggest and increase in drug use especially among the youth. In line with best global practices, The University of Ilorin has blazed the trail by putting up a Drug Policy Document for use on her campus.

This Policy is anchored on primary and secondary data, and interview of key informants. The document can be divided into: Definition of key terms, general policy directions, strategies for implementation of policy which focuses on demand reduction, supply reduction/supply, provision of counselling, support and referral services, mitigation of impairment of drug use through early identification and referral and use of a Standard operation procedure (SOP) in case of 'Reasonable Suspicion' of drug use.

It is hoped that this University of Ilorin Policy on Illegal Drug Use on campus will be a sustainable guide to providing policy guideline for provision of evidence-based approach to demand reduction, supply reduction and early identification, referral and mitigation of impairment of drug use.

Professor Alfred Bamiso Makanjuola, MBBS (Ib.), M.D, FWACP
Chairman, Committee on Illegal Use of Substances

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UNIVERSITY OF ILORIN DRUG AND ALCOHOL POLICY

1. Purpose/Objective: Globally, there has been an increase in use/abuse of psychoactive drugs and substances, especially among the youth. Drug abuse is a serious issue with attendant complications such as academic underachievement or drop out, medical and psychological ill health, crimes and social disruptions.

In Nigeria, the youth constitute about 53.7% of the population i.e. about 107 million, of which about 1.8 million are undergraduates. The University of Ilorin is the most sought after in terms of admissions. Therefore, in our tradition as a leading University, we must take necessary enduring and sustainable actions to prevent and mitigate the use of Drugs and other psychoactive substances on our dear campus, not just among students but also among staff and the faculty.

2. Scope: This Policy for drug use will apply to students, staff and faculty of the University of Ilorin and other visitors to the campus. The policy will serve as a guide to addressing issues of substance use and/or substance use disorders affecting students' health status, performance in terms of learning and character. For the staff/faculty, the policy will aim at addressing issues of substance use and/or substance use disorders as it affects their career progression, productivity, health status, research and community service.

3. Definitions

Definition of key terms.

Drug abuse is the maladaptive use of a substance/drug leading to impairment or distress in social, educational, occupational and other significant areas of human functioning.

Psychoactive drugs are drugs/substances that when ingested/injected/inhaled can alter the mood or behavior or functioning of human beings.

Drug policy is an aggregate of policies designed to affect the supply and/or the demand for illicit (or licit) drugs. It includes a range of strategies on issues such as drug education, treatment, laws and enforcement.

Reasonable suspicion of drug use may be based on the following:

Objective information from the Dean, Head of Department, Level Adviser, Student Affairs Unit, Counselling Unit, Director of Health Services based on, but not limited to:

- a. Observed sale or consumption of substances that are suspected to be prohibited on campus
- b. Arrest by campus security for possession, consumption or sale of prohibited drugs/substances on campus
- c. Observed abnormal appearance, conduct or behavior reasonably interpretable as being caused by the use of prohibited drugs or substances on campus.

4. Policy statement:

The possession, illegal use, manufacture or sale of substances/psychoactive drugs is NOT permitted at all times on the campus of University of Ilorin except approved for research by a competent/recognized body or authority. However, possession BUT NOT use or sale of alcohol and tobacco are excluded.

This policy document on illegal psychoactive drug use on University of Ilorin campus is aimed at preventing drug use, trafficking and sale on campus, and assist those who genuinely seek assistance for drug use problems to get evidence-based help. The general policy direction is to be achieved through:

1. Demand reduction/Preventive measures through education and social reform
2. Adoption of non-punitive rehabilitation and reintegration measures for users
3. Immediate sanctions/disciplinary measures for sellers/couriers/barons

4. Mechanism for sustained Advocacy by the Drug Abuse prevention committee to continue to get the support from the Highest level of Management
5. High level advocacy for continuous buy-in of all stakeholders

5. Procedures:

Strategies for implementing Campus Drug Demand/Reduction programs:

- i. Demand reduction strategies: to reduce the desire and willingness to use drugs and substances
- ii. Supply reduction strategies: to disrupt production and supply, as well as limit access to drugs
- iii. Mitigate negative health, occupational, educational and social consequences: to reduce the impact of negative health, occupational, educational and social consequences on the individual, family and society.

Demand reduction strategies shall include:

- Information, education and communication (IEC) with the university community at
 - Contact points
 - University gate/entrance
 - Pre-Admission (during the Post JAMB screening exercise)
 - On Admission (Part of Orientation lecture)
 - In session (Health talk, seminars, part of student union week program, GNS)
 - Method
 - Fliers/banners in strategic places (Administrative building, senate building, faculties, departments, walkways)
 - Billboard (physical, electronic)
 - Media (UNILORIN FM Radio)

- University website
- Provision of activities that will engage or divert the mind from drug abuse
 - Exercise
 - Competitions/games
 - Drug free social activities
 - Encourage formation of university-wide Drug Abuse Prevention Club with members spread across departments and faculties. Influential staff should be encouraged to serve as Patrons

Supply and Access Reduction strategies shall include:

- Information, education and communication (IEC) with the university community
- Enactment/modification and sensitization on laws against drug abuse on campus
- The university community will be reminded at all times that:
 - For Students, the university regulations as prescribed in the student's Handbook Section ??e (v)...*Approved gathering involving dancing and drinking must not go beyond 8pm. Under NO circumstances should alcoholic drink be served/consumed in the Hall of Residence.*
 - *Section 22(iii) sub i, ii prohibits gambling, smoking in the student centre and sales and drinking of alcohol within the student centre and the entire university campus.*
 - For Staff, *section 8.1.2 (a) 1(iii) categorized drunkenness as a scandalous misconduct.*
 - Ban on sales of alcohol, tobacco and any other substance, except as approved by the university is prohibited.
 - Enforcement of regulation against sales
 - Disciplinary measures e.g.
 - Warning, fines, suspension, expulsion

- close down of facility
- Deterrent measures e.g.
 - Random Urine Drug Screening Test
 - There is a need to incorporate it in the student's handbook
 - Provide UDT kits in University Health Centre
 - Train staff on how to do the test

Mitigation against negative health, occupational, educational and social consequences of drug abuse through:

- Early identification of a drug abuser such as (but not limited to):
 - Deteriorating grades
 - Deteriorating personal hygiene
 - Unusual behavior
 - Unexplained movements and whereabouts
 - Being found with drug related clothes, items or paraphernalia
 - Frequent disappearance of properties in hostel or office
 - Unexplained falls, accidents, bruises and injuries
 - **Some of the above features could also be signs of other medical/mental illnesses and NOT necessarily drug abuse. Therefore, the diagnosis of drug abuse should always be made by a medical doctor trained in the area of drug abuse.

6. Responsibilities:

Head of Department

Identify student or staff with drug use disorder (DUD)

Counsel student/staff with DUD

Refer, if need be, such staff/student to University Counselling Unit/University Health Centre\ UITH, Ilorin.

University Counselling unit

Assess and counsel students/staff with SUD

Refer, if need be, to University Counselling Unit/University Health Centre\ UITH, Ilorin.

Give feedback to referring department/unit

Follow-up staff/student

Inform, if need be and after discussion with the referring department/unit and the managing medical team, staff/student relations.

Staff

Inform HOD/Head of Unit of any student or staff with reasonable suspicion of Drug use disorder

Student

Inform HOD/Head of Unit of any staff with reasonable suspicion of Drug use disorder

Inform Level Adviser/HOD/Head of Unit of any student with reasonable suspicion of Drug use disorder

University Health Centre

Screen and evaluate staff/students presenting voluntarily (self-referral) or on referred for DUDs. The attitude of medical staff should be non-judgmental, non-punitive and ready to help such patient quit drug use.

Security staff

Arrest, document and refer student/staff with evidence of flouting the laws as regards Dug abuse to the appropriate campus authority

If a student/staff is reasonably suspected to be manifesting signs and symptoms of DUDs, the security unit may inform the student/staff HOD/Head of Unit

Protection for whistleblowers

The identity and information given by All whistleblowers must be protected and treated with utmost confidentiality.

Early and appropriate referral

This is key to good treatment prognosis or success

To whom should the early referral be made:

University staff/student Counselling Unit

University Health Centre

University of Ilorin Teaching Hospital general clinics

*Drug Treatment, Education & Rehabilitation Centre (University of Ilorin Teaching Hospital)

7. Compliance:

Standard Operation Procedure (SOP) for managing a case with reasonable suspicion of drug possession/use on university of Ilorin campus (Figure 1, attached)

Purpose of SOP:

- To prevent drug use on campus
- For those with reasonable suspicion of drug use, offer early intervention/treatment

Guide to SOP

- If there is reasonable suspicion of illegal drug use by a staff/student, inform the level adviser, HOD, Head of Unit, Counselling Unit or Student Affair Unit.
- The Unit Head invites student/staff and inform him/her of the bases of reasonable suspicion
- Advice on need for student/staff to seek help to avoid the impairment/consequences of drug abuse
- Monitor student or staff for two (2) weeks for evidence of change
- Ask for steps taken by student/staff as regards treatment
- If not satisfied with progress or response, refer student/staff to University Counselling or University Health Centre or DATER Centre, UITH.
- Ask for feedback from students/staff
- If not satisfied, invite/inform guardian/parent/next of kin
- If no positive step is taken by the student/staff, inform the higher level of authority

Types of Interventions/Sanctions

If a staff or student is suspected of having problems with substance use, advise shall be given by the Head of Unit/Head of Department in the form of:

Official referral (to counselling unit, health centre or UITH) for:

Brief Intervention

Motivational enhanced therapy

Intensive care

Compulsory drug tests

Payment of fines (if recommended by University Disciplinary Committee)

Invitation of next of kin/parents/guardian

Suspension for a semester (if recommended by University Disciplinary Committee)

Suspension for a session (if recommended by University Disciplinary Committee)

Referral to medical board (if recommended by University Disciplinary Committee)

Expulsion from studentship or termination of appointment (if recommended by University Disciplinary Committee)

Or any other recommendation by a University Committee or as contained in the University statutes

*In ALL cases, the GOAL is to give the staff/student adequate opportunity to seek evidence-based treatment. Sanctions will only BE USED if the staff/student and the informed parents/guardian willfully refuse to seek help as advised by the university

8. **Review and Revision:** The policy document shall be reviewed every two (2) years
9. **Approval and version** control shall be by the University Committee on Illegal substance use on campus, the Board of Health and the University Senate

10. Appendices

Appendix 1: The Standard Operation Procedure (SOP) (Attached)

Appendix 2: Student's Handbook Section 22(v) *...Approved gathering involving dancing and drinking must not go beyond 8pm.*

Under NO circumstances should alcoholic drink be served/consumed in the Hall of Residence.

- *Section 22(iii) sub i, ii prohibits gambling, smoking in the student centre and sales and drinking of alcohol within the student centre and the entire university campus.*

Appendix 3: Staff Regulation, section 8.1.2 (a) 1(iii) *categorized drunkenness as a scandalous misconduct.*

Appendix 4: Some of the indicators which may be used in evaluating a staff/student's abnormal appearance, conduct or performance are:

For staff:

- Undue absenteeism from work without cogent reasons
- Deteriorating performance at work
- Possession/use of illegal drugs while at work
- Driving under the influence (DUI) or other motor vehicle violations involving alcohol or drugs
- Public intoxication
- Drunk and disorderly behaviour

For student:

- Significant and poor class attendance,
- Significant drop in GPA,
- Deteriorating personal hygiene,
- Driving under the influence (DUI) or other motor vehicle violations involving alcohol or drugs
- Public intoxication
- Drunk and disorderly behaviour

Appendix 5: Making a definitive diagnosis of substance abuse

*The diagnosis of illegal use of drug/substances SHALL rest entirely on a diagnosis made by a **trained medical doctor** with cognate experience in the diagnosis and treatment of substance abuse and its related disorders.

Appendix 6: Re-entry to university after compulsory treatment

For all staff/student referred for compulsory (reasonable suspicion) drug screening test or compulsory drug abuse treatment and rehabilitation, he/she must bring a medical report from a competent medical doctor who is a Drug Abuse Treatment & Rehabilitation (Addiction Medicine) specialist from UITH, Ilorin.

Appendix 7: STRONG ADVICE FOR TREATMENT

A staff/student may be STRONGLY ADVISED TO SEEK TREATMENT if:

- there is persistent significant impairment in functioning reasonably suspected to be due to substance use and,
- all efforts by the University to make him/her seek voluntary treatment fails

Reporting of Results

The result of the Drug test SHALL be confidential and shared with the patient and only those with a legitimate need to know.

Appreciation

The members of the Committee wish to thank The Vice Chancellor for the opportunity given to serve.

STANDARD OPERATING PROCEDURE (SOP) FOR MANAGEMENT OF DRUG ABUSE ON UNIVERSITY OF ILORIN CAMPUS

