

What if I think I've been drugged?

If you're concerned that you or someone you know has been given drugs without knowledge or consent, it can be scary and confusing. Use these campus resources and information to help. We're here for you.

Whether it potentially happened to you or someone else, it's normal to have feelings of confusion, mistrust of others, violation, embarrassment, anxiousness, or lack of safety. You may experience difficulty concentrating, loss of appetite, or a sense of isolation. You deserve support and safety as you process your experience. Three key campus resources are:

- **PATH to Care Center** - for urgent support, call the 24/7 Care Line (510-643-2005) to speak with a Confidential Advocate who provides affirming, empowering, and confidential support for those who've experienced sexual harassment, dating and intimate partner violence, sexual assault, stalking, and sexual exploitation. Confidential Advocates bring a non-judgmental, caring approach to exploring all options and rights.
- **UHS Social Services (510-642-6074)** - talk with professional, confidential counselors who have experience and are comfortable talking about the impact of drugs on the body as well as the experience of being violated or assaulted. Talk with them and sort through your experience, choose coping strategies, and develop the next steps to move forward.
- **UHS Urgent Care (510-642-3188)**: Medical staff is available to assess injuries, medical stability, and safety and to work with you to determine the best next steps. Staff will also help you connect with resources. Drug testing is not available at UHS. Please see the next page for further information on testing.

Some signs you may have been drugged:

- Your body is responding in an unexpected way to your use of a drug;
- You feel drunker than you should given the amount and type of alcohol you've consumed;
- You wake up feeling fuzzy and can't remember all or part of last night.

Alcohol and marijuana are the 1st and 2nd most common substances detected in cases of drug-facilitated sexual assault (DFSA) (Anderson et al 2016). High levels of alcohol alone or in combination with other substances may be consumed by a target voluntarily resulting in impaired judgment and motor control and induced amnesia. Despite widespread public perception, GHB and Rohypnol are uncommon for DFSA, in part, because they are very difficult to obtain.

If you notice yourself or someone else becoming unusually intoxicated...

- Be alert to the possibility of non-consensual drugging (or some other medical emergency occurring).
- Find, tell, and stay with a friend, party host, or event security.
- Get to a safe location.
- Evaluate & monitor for CUSP - possible emergency (uhs.berkeley.edu/intervention-scale).
- If needed, contact medical assistance (911 or 510-642-3333). Under the campus Responsible Bystander Policy, students who seek medical assistance for others are exempt from formal Student Conduct processes concerning alcohol and controlled substances.
- Awareness and prompt intervention can help minimize harm.

Learn more: uhs.berkeley.edu/aod

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HAVE FUN. MANAGE RISKS. REDUCE HARM.

If you believe you've been sexually assaulted:

- Contact a Confidential Advocate on the Care Line at 510-643-2005: 24 hr urgent support for sexual violence, sexual harassment, dating/domestic violence, and stalking.
- You may request a Sexual Assault Forensic Examination (SAFE) at Highland Hospital Emergency Dept. The purpose of a forensic exam is to preserve physical evidence of sexual assault that can be helpful in criminal prosecution. The exam is done in the county where the assault occurred, usually within the first 72 hours following an assault (the earlier, the better). The Confidential Advocate can advise how to access a SAFE.

Testing to determine if you've been drugged is complex and difficult to interpret.

- There are more than 75 possible substances used by perpetrators of proactive DFSA. Some clear rapidly from the body (<24 hours) while others stay in our system for a long time.
- Detection of and interactions with over-the-counter and prescription medications confound the interpretation of toxicology results.
- Because of this complexity, drug testing is not something that an outpatient health clinic (e.g. UHS) can offer patients.
- Drug testing, if indicated, sometimes can be performed as part of a forensic examination (SAFE).

Just because there is no toxicological evidence, doesn't mean it didn't happen.

- Working with PATH to Care and/or UHS Social Services may help you process your experience, regardless of whether you can prove it via drug test.

FACT: Giving someone any drug without their consent is illegal (CA Penal Code 222)

- If you know about an incident of a person who was given drugs non-consensually, you can contact the police.
- If you were a victim of a crime, witnessed a crime, or are aware of the occurrence of a crime that is or is no longer in progress, you can call the non-emergency number for UCPD (510-642-6760) or BPD (510-981-5900) and tell them you'd like to file a police report. You can also call with a general question or concern and the on-duty Sergeant can help.
- If it involved sexual assault, contact the PATH to Care via the 24/7 Urgent Support Care Line at 510-643-2005 - for urgent support and help to explore all options, rights, and resources. It is always the victim's/survivor's decision to pursue any of the available resources or to report an incident to the police or the university.
- **We're here to help!** If you have any questions or want to talk more about this information, please contact any of the three resources listed earlier (PATH to Care, UHS Social Services). For medical services, call to speak to an advice nurse at 510-643-7197).

About

- This resource sheet was developed by PartySafe@Cal and the Assault and Abuse Response Team and was last updated on 9/2019.
- PartySafe@Cal is a UHS Health Promotion initiative to improve drinking and party culture by decreasing alcohol-related problems. For more info, visit berkeley.edu/partysafe or call 510-642-7202.
- AART (Assault and Abuse Response Team) is a multidisciplinary committee of staff from UHS and PATH to Care Center that works to prevent sexual assault on campus and to coordinate, advocate, and care for sexual assault survivors.

Learn more: uhs.berkeley.edu/aod