

# What if I think I've been drugged?

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## If you notice yourself becoming unusually intoxicated...

- Can be scary and confusing if your body is responding in an unexpected way to your use of a drug. Not knowing if or what might have happened to cause it. Find, tell and stay with a friend. Talk to party host or event security.
- Consider seeking medical care if you feel unwell, hurt, concerned you've been sexually assaulted, or want to get drug tested before the drug is out of your system. Many drugs used to facilitate incapacitation or assault dissipate quickly and so may not be detected unless testing is done within a matter of hours. Capture your own urine sample, keep it covered and bring with you to increase likelihood of any drug being detectable. If you're not still feeling the symptoms, drug tests will not detect or be definitive.

## If you see your friend or someone else becoming unusually intoxicated...

- Be alert to the possibility that they may have been non-consensually drugged (or some other medical emergency may be happening).
- Your awareness and intervention can get them care - and help them take steps to minimize harm to themselves and/or others.

## Medical Care options:

- **In an Emergency** - call 911
- **Tang Center Urgent Care** (M-F 8-6; Sat 9-4:30; Sun 11-3pm): If open - start here for drug screening - staff will help students sort through needs and next steps. Toxicology screening tests (urine and/or blood) - are sent out for processing - results usually back in 48 hours. Cost: Test and send out fees apply.
- **Direct Urgent Care** (10am-8pm daily)(3095 Telegraph @ Ashby) - no drug screening services available.
- **Hospital Emergency Dept:** If you go to the Emergency Department, make sure the attending physicians know about the possibility drugs have been non-consensually administered and specifically ask about getting tested for this. While all hospitals have drug screening services and Emergency Departments will do toxicology screening if someone presents clearly under the influence (i.e. confused/ataxic-difficulty walking/difficulty talking), medical staff will not expect to screen if you have no disabling symptoms. Since it's not a medical emergency, toxicology screening may not be prioritized or approved to do.

## Giving someone a drug without their consent is illegal

(Penal Code section 222: Every person guilty of administering to another any chloroform, ether, laudanum, or any controlled substance, anaesthetic, or intoxicating agent, with intent thereby to enable or assist himself or herself or any other person to commit a felony, is guilty of a felony punishable by imprisonment in the state prison for 16 months, or two or three years. - See more at: <http://codes.findlaw.com/ca/penal-code/pen-sect-222.html#sthash.yA6bBv0m.dpuf>)

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**If concerned 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. Indicate you are calling from UC Berkeley so staff can assist you in understanding your options and deciding on your next steps.

**If it's a crime, you know who did it, and want to 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, call the CARE Line at 510-643-2005 - 24hr for urgent support and help exploring 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.

**In all cases -**

Whether it potentially happened to you or someone else it's normal to experience any of a variety of feelings, including: confusion, mistrust of others, violation, embarrassment, anxiousness, or not safe. You may experience difficulty concentrating, loss of appetite, sense of isolation, and a lack of safety. You're not crazy. You deserve support and safety as you process what you're going through. Two great resources are:

- **Tang 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 of potentially being violated, chose coping strategies, next steps to move forward.
- **The PATH to Care Center** (510-642-1988) - provides affirming, empowering, and confidential support for survivors and those who have experienced gendered violence, including: 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. You can set up an appointment with an advocate by calling (510) 642-1988. The advocate can usually meet within the same business day, or at the earliest convenience of the person seeking support.

PartySafe@Cal is a UHS-Tang Center Health Promotion program partnering with students, faculty, staff and community to improve drinking and party culture by decreasing alcohol-related problems. For more information: [uhs.berkeley.edu/psafe](http://uhs.berkeley.edu/psafe) or 510-642-7202.