

Kripalu Institute for Integrated Leadership, Semester Intensive

Tobacco, Alcohol, and Drug Policy

The Semester Intensive program is deeply committed to establishing a substance-free living and learning environment for all students throughout the entire four month program. In order to create and maintain a healthy and safe environment that supports our intensive curriculum, we do not permit the use of any tobacco, alcohol, or illicit drugs by students enrolled in the program. This approach is in no way intended as a stand on the morality of substance use, but rather reflects research showing that such use is contraindicated for those engaging in practices such as yoga and meditation as well as our experience that substance use is counterproductive to the process of development in such an academically, physically and emotionally rigorous program. With this in mind, tobacco use, alcohol consumption (including use by students of legal drinking age), illegal or illicit drug use, and the distribution, possession or sale of alcohol or illegal drugs is strictly prohibited throughout enrollment in this program. This includes prescription drugs obtained illegally and/or prescription drugs not being used for prescribed purposes or in accordance with the prescription.

All students will be asked to sign an agreement in support of this policy as a condition of acceptance. Additionally, if staff has cause for concern, students may be asked to take drug tests during the program as a condition of ongoing participation. Any students found to be in violation of the SI Tobacco, Alcohol, and Drug Policy during the program will face disciplinary action including possible early dismissal from the program that includes forfeiture of any tuition moneys paid.

Note for students reviewing this policy prior to the semester: Based on our past experience, we strongly recommend that enrolled SI applicants who are currently using any substances that are not permitted during the semester begin immediately to eliminate use. The adjustment process can often be more difficult than expected and medical, therapeutic, and/or community assistance may be necessary. Local substance use counselors can provide support and information about resources in your community.

Semester Intensive Prescription Medication Policy

Students who are taking prescribed medication prior to the start of and during the semester must have such medications and dosages noted on their Medical and/or Mental Health Information Form as part of their application packet. If new medications are added after the application has been submitted or during the semester, the students are required to contact a staff member in writing to update them with new prescription information. Students are also required to remain on their medications throughout the semester as well as continue to adhere to any treatment plans as specified in their Admissions Medical and Mental Health Review.