

Drug and Alcohol Abuse Prevention Program
Institutions of Higher Education (IHE) Drug Abuse Prevention Program

Ameritech College of Healthcare has a longstanding commitment to provide a safe and productive environment. Alcohol and drug abuse pose a threat to the health and safety of employees and students and to the security of our equipment and facilities. For these reasons, the College is committed to the elimination of drug and/or alcohol use and abuse in the workplace. This policy outlines the practice and procedure designed to prevent instances of alcohol and/or drug use at the College. This policy applies to all employees and students of Ameritech College of Healthcare.

The College assists employees and students with prevention of drug and alcohol abuse by raising awareness of the negative health effects of these substances, the heavy legal penalties associated with the illegal abuse of illicit drugs or alcohol, and the institutional regulations for enforcement of the College's zero tolerance policy. The random drug testing policy, as discussed further in this document, acts as a deterrent for illegal behavior for both students and employees. Additionally, the College hosts a Drug and Alcohol Abuse Awareness Week each fall semester to educate students more thoroughly.

The IHE drug abuse prevention program must, at a minimum, including the following:

THE ANNUAL DISTRIBUTION IN WRITING to each employee and to each student:

1. STANDARDS OF CONDUCT that clearly prohibit, at a minimum, the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees on its property or as part of any of its activities.
2. A description of the applicable legal sanctions under local, state or federal laws for the unlawful possession or distribution of illicit drugs and alcohol.
3. A description of the health risks associated with the use of illicit drugs and the abuse of alcohol.
4. A description of any drug or alcohol counseling, treatment, or rehabilitation or re-entry programs that are available to employees or students.
5. A clear statement that the IHE will impose disciplinary sanctions on students and employees (consistent with local, state, or federal law) and a description of those sanctions up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct. A disciplinary sanction may include the completion of an appropriate rehabilitation program.

The IHE will be required to conduct a biennial review of its program to

1. Determine the effectiveness of and implement changes to the program as needed.
2. Ensure that the disciplinary sanctions described in this section are consistently enforced.

ANNUAL AUDITS ARE CONDUCTED ON A REPRESENTATIVE SAMPLE OF THE IHE DRUG ABUSE PREVENTION PROGRAMS.

The secretary will make the IHE that does not comply with this new Drug Abuse Prevention Law ineligible to receive further Title IV Student Financial Assistance.

AMERITECH COLLEGE DRUG AND ALCOHOL ABUSE PREVENTION PROGRAM

1. The faculty, staff and students and Ameritech College of Healthcare (Ameritech College), which by law is an Institution of Higher Education (IHE), are subject to 86.100 of the Federal Register 34 CFR Part 86, published August 16, 1990 under the heading DRUG-FREE SCHOOLS AND CAMPUSES. This particular paragraph describes the drug abuse prevention program that must be implemented by each IHE in the United States by October 1, 1990.

STANDARDS OF CONDUCT

Faculty, staff and students are hereby informed that the unlawful possession, use or distribution of illicit drugs and alcohol by employees and students at Ameritech College is strictly prohibited. For persons found in violation or suspected violation of this policy or any legal sanctions regarding drug and alcohol use, possession, manufacture or distribution, disciplinary sanctions will be employed up to and including termination or expulsion. Ameritech College is required to report any infractions to the necessary authorities and such cases will be referred for prosecution and handled according to the laws and regulations outlined by the Utah State Code and/or the Federal Bureau of Investigation.

- Drug testing, either random or with cause, may occur.
- For students only: Students who refuse to submit to a drug test when asked will face disciplinary action up to and including expulsion. Students who have a positive result on a drug test will be withdrawn from the college.
- For employees only: Ameritech College will assist and support employees who voluntarily seek help for such problems before becoming subject to discipline and/or termination under this or other policies. Such employees may be allowed to use accrued paid time off, placed on leaves of absence, referred to treatment providers and otherwise accommodated as required by law.
- Information and records relating to positive test results, drug and alcohol dependencies and legitimate medical explanations provided to the medical review officer (MRO) shall be kept confidential to the extent required by law.

DRUG ABUSE PREVENTION PROGRAM

2. The Controlled Substances Act (CSA), Title II of the Comprehensive Drug Abuse Prevention and Control Act of 1970 lists a schedule of controlled substances. The following is an explanation of these schedules and the level of regulation associated with each.

Schedule I

(A) The drug or other substance has a high potential for abuse.

(B) The drug or other substance has no currently accepted medical use in treatment in the United States.

(C) There is a lack of accepted safety for use of the drug or other substance under medical supervision.

Schedule II

(A) The drug or other substance has a high potential for abuse.

(B) The drug or other substance has a currently accepted medical use in treatment in the United States or a currently accepted medical use with severe restrictions.

(C) Abuse of the drug or other substances may lead to severe psychological or physical dependence.

Schedule III

(A) The drug or other substance has a potential for abuse less than the drugs or other substances in schedules I and II.

(B) The drug or other substance has a currently accepted medical use in treatment in the United States.

(C) Abuse of the drug or other substance may lead to moderate or low physical dependence or high psychological dependence.

Schedule IV

(A) The drug or other substance has a low potential for abuse relative to the drugs or other substances in schedule III.

(B) The drug or other substance has a currently accepted medical use in treatment in the United States.

(C) Abuse of the drug or other substance may lead to limited physical dependence or psychological dependence relative to the drugs or other substances in schedule III.

Schedule V

(A) The drug or other substance has a low potential for abuse relative to the drugs or other substances in schedule IV.

(B) The drug or other substance has a currently accepted medical use in treatment in the United States.

(C) Abuse of the drug or other substance may lead to limited physical dependence or psychological dependence relative to the drugs or other substances in schedule IV.

- Schedule I drugs and substances are used for research only. They are supplied only by a limited number of firms to properly registered and qualified researchers. The Drug Enforcement Agency (DEA) limits the quantity of Schedule I and II controlled substances that may be produced in the United States in any given calendar year.
- A practitioner may dispense some controlled substances by direct administration, by prescription, or by controlled substances from office supplies. Careful records must be

kept by practitioners of all dispensing of controlled substances from office supplies and of certain administration. In some states practitioners are required to use multiple copy prescriptions of Schedule II and other specified controlled substances.

- Whether a drug is to be labeled a controlled substance for which a prescription is required is determined by the Federal Drug Administration (FDA).
- Schedule II prescriptions **must** be written and signed by a practitioner. They may not be telephoned into the pharmacy except in an emergency. A Schedule II prescription may not be refilled. The patient must see the physician again in order to obtain additional doses of that prescription.
- Schedule III and IV drugs may be ordered by written or oral (i.e. by telephone to the pharmacy) prescription. Also, the patient may, if so authorized by the doctor, have the prescription refilled on his own up to five times at anytime within six months from the date of the initial dispensing.
- Schedule V drugs include some prescription drugs and many over-the-counter narcotic preparations, including antistressives and anti-diarrheals. There are, however, some restrictions. The patient must be 18 years of age, must offer some form of identification, and have his/her name entered into a specified log that his maintained by the pharmacist as part of a record for the dispensing of these drugs.

In addition to the CSA, the State of Utah enforces the drug schedule and the penalties associated with the violation of the regulations set by the CSA and other legislative bodies regarding the illegal production, use, manufacturing, dispensing or possession of the drugs identified in the schedule.

PENALTIES

- The CSA provides penalties for unlawful manufacturing, distribution, and dispensing of controlled substances.
- The United States Code prohibits the following acts and enforces the corresponding penalties:
 - *Manufacture or Distribute.* The illegal manufacture or distribution of a controlled substance or a counterfeit controlled substance, or the possession of a controlled substance with the intent to do any of the foregoing carries a penalty, upon conviction, *ranging from not less than ten years to life imprisonment and/or a fine of up to \$4,000,000*, depending upon the quantity of substance involved; whether death or injury results, and whether the offender has prior convictions for drug use. 21 U.S.C. Section 844(a).
 - *Simple Possession.* It is illegal for any person to knowingly or intentionally possess an unprescribed controlled substance. Violations are punishable *by imprisonment of up to one year and a fine of not more than \$1000 or both.* 21 U.S.C. Section 844.
 - *Drug paraphernalia.* It is unlawful for any person to sell or offer to sell any drug paraphernalia, or to use the mails or any other facility of

interstate commerce to transport drug paraphernalia. The violation of this law carries a penalty of *up to three years in prison and/or a fine*. Any drug paraphernalia involved is subject to seizure and forfeiture. 21 U.S.C. Section 863.

- If a violator has a history of prior drug related offenses, the punishment imposed can be substantially enhanced.
- *Civil penalties up to \$10,000 per violation* may be assessed against any individual who knowingly possesses a controlled substance as listed in Section 401 (b) (1) (A) of the Controlled Substances Act, where the amount in possession is determined to be a personal use amount. 21 U.S.C. Section 844a. Where a person at least 18 years of age distributes a controlled substance to any person under 21 years of age, or where a person possesses with intent to distribute, distributes or manufactures a controlled substance in or on, or within 100 feet of a public or private elementary, secondary, vocational or public or private college, junior college or university, or within 100 feet of a playground, youth center, public swimming pool or video arcade facility, the *punishment shall be a term of imprisonment of twice the amount of time and a fine of twice the amount above-provided*. 21 U.S.C. Sections 859, 860.
- Any person who attempts to commit any drug offense shall be subject to the same penalties as those prescribed for the offense. 21 U.S.C. Section 846.
- Any person convicted of a drug offense under these federal laws shall *forfeit to the government any property derived from or obtained directly or indirectly as a result of the violation, or any property used to commit or facilitate the violation*. Section 853. Even if there is no criminal charge or conviction, a person's property is subject to civil forfeiture if the property is used to manufacture, process, store or deliver a controlled substance in violation of federal law. 21 U.S.C. Section 881.
- Any person who is convicted of any federal or state offense consisting of the distribution of controlled substances *may be ineligible for any and all federal benefits for a minimum of five years for the first conviction; ten years upon a second conviction; and permanently ineligible for a third or subsequent conviction*. 21 U.S.C. Section 862. "Federal benefit" includes any grant, contract, or loan provided by an agency of the U.S. or by appropriated funds of the U.S. 21 U.S.C. 862.
- There are three authorities that enforce the law, the municipal (i.e. city or county), state and federal courts. In the state of Utah the Utah Code provides the basis for penalties imposed by the city and county courts. Trafficking, manufacturing, and distribution cases involving multiple states are investigated by the FBI and tried in Federal courts.
- In the state of Utah, controlled substances are regulated by the Utah Controlled Substances Act.

- 58-37-8(1). Except as authorized, it is unlawful for any person to knowingly and intentionally:
 - (i) produce, manufacture, or dispense, or to possess with intent to produce, manufacture, or dispense, a controlled or counterfeit substance;
 - (ii) distribute a controlled or counterfeit substance, or to agree, consent, offer, or arrange to distribute a controlled or counterfeit substance;
 - (iii) possess a controlled or counterfeit substance with intent to distribute or
 - (iv) engage in a continuing criminal enterprise where controlled or counterfeit substances are involved.
- Any person convicted of one of the above crimes is guilty of a felony in the first, second or third degree depending upon the Schedule the drug in question is categorized by and the quantity of the drug in questions. For more specific information regarding the penalties see the Utah Code 58-37.
- This list is NOT all inclusive. Additional local, state and federal sanctions and penalties apply.

ALCOHOL ABUSE PREVENTION

The consumption of alcohol while on Ameritech College campuses or while representing Ameritech College off-campus is strictly prohibited. Any person found in violation or suspected violation of this policy is subject to disciplinary action up to and including termination or expulsion. All federal, state and local laws will be strictly adhered to by Ameritech College administration and any violation of such laws will be reported to the appropriate authorities and will be recommended for prosecution.

- In the state of Utah, the Alcoholic Beverage Control Act regulates alcohol use.
 - 41-6a-502. A person may not operate or be in actual physical control of a vehicle within the state if the person has a blood or breath alcohol concentration of .08 grams or higher or who is under the influence of alcohol, any drug, or the combined influence of alcohol and any drug to a degree that renders the person incapable of safely operating a vehicle.
 - 76-5-207. (a) Criminal homicide is automobile homicide, a third degree felony, if the person operates a motor vehicle in a negligent manner causing the death of another and:
 - (i) has sufficient alcohol in his body that a subsequent chemical test shows that the person has a blood or breath alcohol concentration of .08 grams or greater at the time of the test;
 - (ii) is under the influence of alcohol, any drug, or the combined influence of alcohol and any drug to a degree that renders the person incapable of safely operating a vehicle; or

(iii) has a blood or breath alcohol concentration of .08 grams or greater at the time of operation.

(b) A conviction for a violation of this Subsection (2) is a second degree felony if it is subsequent to a conviction as defined in Subsection 41-6a-501.

- 32A-12-216. A person may not permit any other person to become intoxicated or any intoxicated person to consume any alcoholic beverage in:
 - (a) any premises of which the person is the owner, tenant, or occupant.
- 32A-12-220. (1) A person may not consume liquor in a public building, park, or stadium, except as provided by this title.
 - (2) A violation of this section is a class C misdemeanor.

DESCRIPTION OF HEALTH RISKS

Below is information regarding the health risks generally associated with drug and alcohol use and abuse. This is meant to provide an overview only, any questions regarding this information should be directed to a public health professional. The following information can be located at www.health.org/pubs/catalog and www.nida.nih.gov.

Alcohol- Liquid distilled product of fermented fruits, grains and vegetables. Alcohol is a depressant that decreases responses of the central nervous system.

- Alcohol is often used to enhance the effect of other drugs.
- As little as two beers/drinks can impair coordination and thinking.
- Alcohol continues to be the most frequently abused substance among young adults.
- Excessive drinking can cause liver damage and psychotic behavior.

Marijuana- Green or gray mixture of dried, shredded flowers and leaves of the hemp plant (*cannabis sativa*). The main active chemical in marijuana is THC (delta-9-tetrahydrocannabinol).

- Most commonly used illegal drug in the United States.
- Marijuana may impair short-term memory, shorten attention span and delay reflexes.
- During pregnancy, marijuana may cause birth defects.
- Marijuana may cause a fast heart rate, pulse and lead to breathing problems.
- Long-term users may develop psychological dependence and require more of the drug to achieve the same effect.

Ecstasy- A synthetic, mind-altering drug that can produce both stimulant and psychedelic effects. This drug is considered a “club drug” meaning it is a drug generally used by young adults at raves or nightclubs.

- Ecstasy may cause a release of emotions the person may be unprepared to deal with.

- Physical symptoms may include muscle tension, teeth clenching, nausea, chills or sweating.
- Ecstasy increases heart rate and blood pressure.
- Use may cause long-term damage to parts of the brain critical to thought and memory.

Cocaine- A strong central nervous system stimulant that interferes with the reabsorption process of dopamine, a chemical messenger associated with pleasure and movement. Cocaine is extracted from the leaves of the coca plant.

- Cocaine use may cause severe “mood swings” and irritability.
- A cocaine high lasts only five to twenty minutes.
- More and more cocaine is needed each time a person seeks a high.
- A crash follows the high and includes symptoms of depression, dullness, irritability and paranoia.
- One use can cause death.

Crack- The street name given to cocaine that has been processed from cocaine hydrochloride to a free base for smoking.

- Crack is almost instantly addictive.
- Repeated use may cause insomnia, hallucinations, seizures and paranoia.
- There are more hospitalizations per year resulting from crack and cocaine use than any other illicit substance.
- One use can cause a fatal heart attack.

Methamphetamine- A synthetic, addictive stimulant drug that speeds up the central nervous system. Methamphetamine is referred to as “speed” when it is swallowed or sniffed; “crank” when it is injected and “ice” when it is smoked. All forms of methamphetamine are extremely dangerous with a high potential for abuse and dependence.

- Methamphetamine can cause convulsions, heart irregularities, high blood pressure, tremors and severe fatigue.
- An overdose can cause coma and death.
- Prolonged abuse can resemble schizophrenia and characterized by paranoia, hallucinations and formication (delusions of parasites or insects on the skin). Meth-induced paranoia can result in homicidal or suicidal thoughts.
- Meth users develop a tolerance quickly, needing more and more to get high.
- Athletes and students sometimes begin using methamphetamines because of the initial heightened physical and mental performance the drug produces.
- Meth enables people to work around the clock, often for days. Binge users have gone 3-15 days without sleep.

Heroin- A drug processed from morphine that usually appears as a white or brown powder. Street names for heroin include "smack," "H," "skag," and "junk." Other names may refer to types of heroin produced in a specific geographical area, such as "Mexican black tar."

- Heroin is a highly addictive drug and its use is a serious problem in America.
- Chronic users may develop collapsed veins, infection of the heart lining and valves, abscesses, cellulitis, and liver disease.
- With regular heroin use tolerance develops. This means the abuser must use more heroin to achieve the same intensity or effect.
- Heroin abuse is associated with serious health conditions, including fatal overdose, spontaneous abortion, collapsed veins and infectious diseases, including HIV/AIDS and hepatitis.

RESOURCES

Institute of Change
958 East 11190 South
Sandy, UT 84094 (801) 487-0487

A D Psychotherapy and
Clinical Counseling
8465 South 700 East Street
Sandy, UT 84070 (801) 233-8577

Turning Point Centers
616 East 11000 South
Sandy, UT 84070 (801) 576-0745

Changes Counseling/Consultation LLC
8221 South 700 East
Sandy, UT 84070
(801) 615-2397
(801) 542-7060

Alcoholics Anonymous

Hotline: 801-484-7871
www.saltlakeaa.org

A list of meeting locations and schedules are available at the website and via the hotline.

Narcotics Anonymous

Hotline: 801-252-5326
www.na.org

A list of meeting locations and schedules are available at the website and via the hotline. The NA recommends calling as meeting times and places may change unexpectedly.