



2018
DRUG AND ALCOHOL
ABUSE PREVENTION PROGRAM

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INTRODUCTION

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 and in its educational activities.

Ameritech College of Healthcare annually distributes this report, the Drug and Alcohol Abuse Prevention Program (DAAPP), to all employees and enrolled students. In addition, the College distributes this information to students who enroll or employees who are hired after the annual distribution date. This report is also provided upon request to the public, and paper copies of the report are available upon request at the front desk of the College.

Ameritech College's policies regarding alcohol and drug use and abuse apply to all employees and students of the College.

PREVENTATIVE MEASURES

This prevention program is designed to reduce or eliminate instances of alcohol and/or drug use and abuse at Ameritech College of Healthcare. This program is directed to all employees and students of the College.

The College assists employees and students with prevention of drug and alcohol abuse by educating them, at new student orientation or new employee onboarding, on the negative health effects of these substances, the heavy legal penalties associated with the illegal abuse of drugs or alcohol, and the institutional regulations for enforcement. 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 Campus Safety Week each fall semester to educate students more thoroughly.

The College operates as an alcohol-free and drug-free institution. The presence of alcohol is prohibited at all events hosted by or held at Ameritech College; the College neither provides the alcohol nor allows students or employees to bring their own alcohol. Each year, the College hosts three student appreciation luncheons which are alcohol-free. Additionally, the College serves breakfast and lunch at each new student orientation without serving alcoholic beverages. Similarly, all events hosted for employees are alcohol-free, including employee recognition lunches and annual summer and holiday parties, whether or not employee families are invited.

Another preventative measure taken by the College to ensure compliance with the standards of conduct outlined in this program is the mandatory background checks and drug screens completed by most of the students (~90% of non-online students). Students in the Nursing Program and Occupational Therapy Assistant (OTA) Program are tested prior to admission, and Medical Assistant students are tested prior to externship placement. Additionally, the College drug tests students and employees on a random basis throughout the year.



Finally, once per year, Ameritech College hosts a “Campus Safety Week” during which students and employees are provided with information, brochures, tips, and activities to increase awareness and knowledge of crime prevention. This event includes a review of the Drug and Alcohol Abuse Prevention Program.

STANDARDS OF CONDUCT

Ameritech College of Healthcare’s standards prohibit the unlawful possession, use, or distribution of illicit drugs and alcohol by employees and students on campus, on public property around campus, at any campus activity regardless of location, or while representing Ameritech College at any location.

In keeping with these standards, the following activities are strictly prohibited: any activity involving an illegal substance, including use, possession, manufacture, or distribution on College property, on a clinical/externship site, or on the job. Any conviction by a law enforcement agency for illegal drug activity may be cause for dismissal from the College.

Abuse of Legal Substances

The abuse of a legal substance, including alcohol, prescription drugs, and over-the-counter drugs, can be defined as follows: the use, possession, distribution, or being under the influence of alcohol or drugs that are legally obtainable, but have not been obtained legally; and use of a drug in a manner or for a purpose other than that for which it was intended or prescribed.

Use of a prescription drug that has been prescribed by a student’s or an employee’s physician is permissible during work hours, but may require certification by the physician as to the ability of the student or the employee to perform his/her job in a safe manner. The student should notify his/her instructor and the employee should notify his/her supervisor if use of a properly prescribed drug will affect school or work performance.

Ameritech College supports the Utah State Department of Alcohol and Beverage Control’s rules and regulations that govern the possession, sale, or provision of alcoholic beverages on the Ameritech College campus as well as the enforcement of the State underage drinking laws.

Policy on Student Use and Abuse of Drugs and Alcohol

In addition to distributing the DAAPP report annually, Ameritech College maintains a policy on Student Use and Abuse of Drugs and Alcohol. This policy is published in the College’s official Student Catalog, available at all times to students on the College website. The policy states:

The use of alcohol on campus or during clinical, fieldwork, or externship hours is prohibited. Use of illegal drugs as well as abuse of prescription medications, at any time during a student’s enrollment in the College, whether on campus or not, is prohibited. Drug testing, either “random” or “with-cause,” may take place from time to time. Students who refuse to submit to a drug test when asked may face disciplinary action up to and including termination. Students who have a positive result on a drug test may be withdrawn from the College.



Policy on Employee Use and Abuse of Drugs and Alcohol

In addition to distributing the DAAPP report annually, Ameritech College maintains a policy on Employee Use and Abuse of Drugs and Alcohol. This policy is published in the College's official Employee Handbook, provided to employees at their hire and available after hiring through the College's Human Resources (HR) department. The policy states:

Employees are prohibited from reporting to work or working while using illegal or unauthorized substances. Employees are prohibited from reporting to work or working when the employee uses any controlled substance, except when the use is pursuant to a doctor's orders and the doctor advised the employee that the substance does not adversely affect the employee's ability to safely perform his or her job duties.

In addition, employees are prohibited from engaging in the unlawful or unauthorized manufacture, distribution, sale, or possession of illegal substances and alcohol in the workplace, including on company paid time, on company premises, in company vehicles, or while engaged in company activities.

INSTITUTIONAL DISCIPLINARY ACTION

For students or employees found in violation or suspected violation of Ameritech College of Healthcare's policies regarding drug and alcohol use or abuse, possession, manufacture, or distribution, disciplinary action may be taken up to and including termination or expulsion.

- Drug testing, either random or with cause, may occur.
- Students with a positive drug test result or students refusing to submit to a drug test when asked may face disciplinary action up to and including expulsion, but may be referred to rehabilitation and otherwise accommodated as required by law.
- Employees with a positive drug test may face disciplinary action up to and including termination, but may be referred to rehabilitation and otherwise accommodated as required by law.
- Employees who voluntarily seek help for alcohol or drug abuse before becoming subject to discipline and/or termination under this or other policies may be allowed to use accrued paid time off or placed on unpaid leave of absence.

Ameritech College is required to report for prosecution any infractions to the necessary authorities.



FEDERAL, STATE, AND LOCAL LEGAL PENALTIES

Possession or distribution of illegal drugs is considered a crime under federal and state laws which can result in criminal prosecution. The manufacturing of illegal drugs is considered a felony. The consequences of a conviction can include hefty fines and prison time. In addition, those who help to produce any kind of illegal drug may also be charged with the crime and are typically subject to consequences that are much more severe than possession of a drug for personal use.

Drug Schedules

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 example drugs associated with each.

Drug Schedules	
Schedule I	Schedule I drugs, substances, or chemicals are defined as drugs with no currently accepted medical use and a high potential for abuse. Examples: heroin, lysergic acid diethylamide (LSD), marijuana (cannabis), ecstasy, methaqualone, and peyote
Schedule II	Schedule II drugs, substances, or chemicals are defined as drugs with a high potential for abuse, with use potentially leading to severe psychological or physical dependence. These drugs are also considered dangerous. Examples: Combination products with less than 15 milligrams of hydrocodone per dosage unit (Vicodin), cocaine, methamphetamine, methadone, hydromorphone (Dilaudid), meperidine (Demerol), oxycodone (OxyContin), fentanyl, Dexedrine, Adderall, and Ritalin
Schedule III	Schedule III drugs, substances, or chemicals are defined as drugs with a moderate to low potential for physical and psychological dependence. Schedule III drugs abuse potential is less than Schedule I and Schedule II drugs but more than Schedule IV. Examples: Products containing less than 90 milligrams of codeine per dosage unit (Tylenol with codeine), ketamine, anabolic steroids, testosterone
Schedule IV	Schedule IV drugs, substances, or chemicals are defined as drugs with a low potential for abuse and low risk of dependence. Examples : Xanax, Soma, Darvon, Darvocet, Valium, Ativan, Talwin, Ambien, Tramado
Schedule V	Schedule V drugs, substances, or chemicals are defined as drugs with lower potential for abuse than Schedule IV and consist of preparations containing limited quantities of certain narcotics. Schedule V drugs are generally used for antidiarrheal, antitussive, and analgesic purposes. Examples : cough preparations with less than 200 milligrams of codeine or per 100 milliliters (Robitussin AC), Lomotil, Motofen, Lyrica, Parepectolin



Federal Penalties

Federal Trafficking Penalties for Schedules I, II, III, IV, and V (except Marijuana)				
Schedule	Substance/Quantity	Penalty	Substance/Quantity	Penalty
II	Cocaine 500-4999 grams mixture	<p>First Offense: Not less than 5 yrs. and not more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$5 million if an individual, \$25 million if not an individual.</p> <p>Second Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$8 million if an individual, \$50 million if not an individual.</p>	Cocaine 5 kilograms or more Mixture	<p>First Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$10 million if an individual, \$50 million if not an individual.</p> <p>Second Offense: Not less than 20 yrs. and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual.</p> <p>2 or More Prior Offenses: Life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual.</p>
II	Cocaine Base 28-279 grams mixture		Cocaine Base 280 grams or more Mixture	
IV	Fentanyl 40-399 grams mixture		Fentanyl 400 grams or more Mixture	
I	Fentanyl Analogue 10-99 grams mixture		Fentanyl Analogue 100 grams or more Mixture	
I	Heroin 100-999 grams mixture		Heroin 1 kilogram or more mixture	
I	LSD 1-9 grams mixture		LSD 10 grams or more mixture	
II	Methamphetamine 5-49 grams pure or 50-499 grams mixture		Methamphetamine 50 grams or more pure or 500 grams or more mixture	
II	PCP 10-99 grams pure or 100-999 grams mixture		PCP 100 grams or more pure or 1 kilogram or more mixture	
Substance/Quantity		Penalty		
Any Amount Of Other Schedule I & II Substances		<p>First Offense: Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than Life. Fine \$1 million if an individual, \$5 million if not an individual.</p>		
Any Drug Product Containing Gamma Hydroxybutyric Acid		<p>Second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if not an individual.</p>		
Flunitrazepam (Schedule IV) 1 Gram				
Any Amount Of Other Schedule III Drugs		<p>First Offense: Not more than 10 yrs. If death or serious bodily injury, not more than 15 yrs. Fine not more than \$500,000 if an individual, \$2.5 million if not an individual.</p> <p>Second Offense: Not more than 20 yrs. If death or serious injury, not more than 30 yrs. Fine not more than \$1 million if an individual, \$5 million if not an individual.</p>		



Any Amount Of All Other Schedule IV Drugs (other than one gram or more of Flunitrazepam)	<p>First Offense: Not more than 5 yrs. Fine not more than \$250,000 if an individual, \$1 million if not an individual.</p> <p>Second Offense: Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if other than an individual.</p>
Any Amount Of All Schedule V Drugs	<p>First Offense: Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual.</p> <p>Second Offense: Not more than 4 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.</p>

Federal Trafficking Penalties for Marijuana, Hashish and Hashish Oil, Schedule I Substances	
Marijuana 1,000 kilograms or more marijuana mixture or 1,000 or more marijuana plants	<p>First Offense: Not less than 10 yrs. or more than life. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than \$10 million if an individual, \$50 million if other than an individual.</p> <p>Second Offense: Not less than 20 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$20 million if an individual, \$75 million if other than an individual.</p>
Marijuana 100 to 999 kilograms marijuana mixture or 100 to 999 marijuana plants	<p>First Offense: Not less than 5 yrs. or more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine not more than \$5 million if an individual, \$25 million if other than an individual.</p> <p>Second Offense: Not less than 10 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$8 million if an individual, \$50million if other than an individual.</p>
Marijuana 50 to 99 kilograms marijuana mixture, 50 to 99 marijuana plants	<p>First Offense: Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine \$1 million if an individual, \$5 million if other than an individual.</p>
Hashish More than 10 kilograms	<p>Second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if other than an individual.</p>
Hashish Oil More than 1 kilogram	
Marijuana less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight) 1 to 49 marijuana plants	<p>First Offense: Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual.</p> <p>Second Offense: Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual.</p>
Hashish 10 kilograms or less	
Hashish Oil 1 kilogram or less	



Other Penalties

Simple Possession. It is illegal for any person to knowingly or intentionally possess a non-prescribed controlled substance. Violations are punishable by imprisonment of up to one year and a fine of not more than \$1000 or both.

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.

Note on Federal Benefits

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.

State Penalties

Violation	Controlled Substance Category	Classification	Penalty
Produce, manufacture, dispense, distribute, or possess with the intent to produce, manufacture, dispense, or distribute a controlled substance	Schedule I or II, a controlled substance analog, or Gamma Hydroxybutyric Acid	First conviction: Second degree felony. Second or subsequent conviction: First degree felony.	Imprisonment not less than 1 year nor more than 15 years; fine not exceeding \$10,000. Imprisonment not less than 5 years; fine not exceeding \$10,000.
	Schedule III or IV, or marijuana	First conviction: Third degree felony. Second or subsequent conviction: Second degree felony.	Imprisonment not more than 5 years; fine not exceeding \$5,000. Imprisonment not less than 1 year nor more than 15 years; fine not exceeding \$10,000
	Schedule V	First conviction: Class A misdemeanor. Second or subsequent conviction: Third degree felony.	Imprisonment not more than 1 year; fine not exceeding \$2,500. Imprisonment not more than 5 years; fine not exceeding \$5,000.
Unlawful possession or use of a controlled substance	Marijuana (100 lbs or more)	First conviction: Second degree felony. Second or subsequent conviction: First degree felony.	Imprisonment not less than 1 year nor more than 15 years; fine not exceeding \$10,000. Imprisonment not less than 5 years; fine not exceeding \$10,000.



	Schedule I or II, marijuana (if more than 16 oz but less than 100 lbs), or a controlled substance analog	First conviction: Third degree felony Second or subsequent conviction: Second degree felony.	Second or subsequent conviction: Second degree felony. Imprisonment not less than 1 year nor more than 15 years; fine not exceeding \$10,000.
	Marijuana (if not in the form of an extracted resin, and the amount is more than 1 oz but less than 16 oz)	First conviction: Class A misdemeanor. Second or subsequent conviction: Third degree felony.	Imprisonment not more than 1 year; fine not exceeding \$2,500. Imprisonment not more than 5 years; fine not exceeding \$5,000.
	All other controlled substances (including less than 1 oz of marijuana)	First conviction: Class B misdemeanor. Second conviction: Class A misdemeanor. Third or subsequent conviction: Third degree felony.	Imprisonment not more than 6 months; fine not exceeding \$1,000. Imprisonment not more than 1 year; fine not exceeding \$2,500. Imprisonment not more than 5 years; fine not exceeding \$5,000.

Alcohol Penalties in Utah

The Utah Alcoholic Beverage Control Act regulates alcohol use. The chart below contains a summary of major infractions and associated penalties but is not comprehensive.

CATEGORY & VIOLATION	CLASSIFICATION	PENALTY (Utah Code Ann. §§ 76-3-204, 301)
MINORS		
Possession, purchase, attempt to purchase (by themselves or soliciting another), consumption, or having measurable levels of alcohol in their body by a person less than 21 years of age.	Class B misdemeanor.	Imprisonment not more than 6 months; fine not exceeding \$1,000.
Selling, offering to sell, or giving alcoholic products to persons less than 21 years of age.	Class A misdemeanor if the person who furnishes the alcohol knows the recipient is a minor.	Imprisonment not more than 1 year; fine not exceeding \$2,500.
	Class B misdemeanor negligently or recklessly failing to determine the age of the recipient.	Imprisonment not more than 6 months; fine not exceeding \$1,000.
Unlawful use of proof of age to procure an alcoholic product, gain admittance to a restricted area, or obtain employment otherwise prohibited by the Alcoholic Beverage Control Act.	Class B misdemeanor for a first offense.	Imprisonment not more than 6 months; fine not exceeding \$1,000.
	Class A misdemeanor for a second offense Class A misdemeanor, with certain additional penalties, for a third or subsequent offense.	Imprisonment not more than one year; fine not exceeding \$2,500. Imprisonment not more than 1 year; fine not exceeding \$5,000.
		The court may also impose substance abuse treatment, an educational series, community service, fees for restitution and treatment costs, defensive driver education courses, or a combination of these penalties.



CONSUMPTION IN PUBLIC PLACES		
Drinking liquor in a public building, park, or stadium.	Class C misdemeanor.	Imprisonment not more than 90 days; fine not exceeding \$750.
INTOXICATION		
A person is guilty of intoxication if the person is under the influence of alcohol, a controlled substance, or any substance having the property of releasing toxic vapors, to a degree that the person may endanger the person or another, in a public place or in a private place where the person unreasonably disturbs other persons.	Class C misdemeanor.	Imprisonment not more than 90 days; fine not exceeding \$750.
UNLAWFULLY PERMITTING INTOXICATION		
No person shall permit anyone to become intoxicated as described above, in any premises of which the person is the owner, tenant, or occupant, in a chartered bus or limo of which the person is the owner or operator, or permit an intoxicated person to further consume any alcoholic product on the premises.	Class C misdemeanor.	Imprisonment not more than 90 days; fine not exceeding \$750.
UNLAWFUL SALE OR SUPPLY TO INTOXICATED PERSONS		
A person may not sell, offer to sell, or furnish any alcoholic product to any person who is actually or apparently intoxicated, or to any person who, given the circumstances, the person knows or should know is intoxicated.	Class B misdemeanor if committed negligently or recklessly.	Imprisonment not more than 6 months; fine not exceeding \$1,000.
	Class A misdemeanor if committed knowingly.	Imprisonment not more than 1 year; fine not exceeding \$2,500.
A person may not purchase an alcoholic product if the person is intoxicated.	Class B misdemeanor.	Imprisonment not more than 6 months; fine not exceeding \$1,000.
UNLAWFUL TRANSFER OF IDENTIFICATION CARD/UNLAWFUL PURCHASE BY AN INTOXICATED PERSON		
It is unlawful for the owner of an identification card to transfer or loan the card to any other person in order to help that person: (1) Procure alcoholic products, (2) gain admittance to a place where alcohol is consumed or sold, or (3) to obtain any employment that requires the employee to handle alcoholic products.	Class B misdemeanor.	Imprisonment not more than 6 months; fine not exceeding \$1,000.
UTAH PENALTIES FOR DRIVING UNDER THE INFLUENCE		
OPEN CONTAINERS		
A person may not drink any alcoholic beverage while in a motor vehicle, whether that vehicle is moving, stopped, or parked, on any highway ² or waters of the state.	Class C misdemeanor.	Imprisonment not more than 90 days; fine not exceeding \$750.
A person may not keep, carry, transport, or possess in the passenger compartment of a vehicle any	Class C misdemeanor.	Imprisonment not more than 90 days; fine not exceeding \$750.



container of an alcoholic beverage that has been opened, its seal broken, or its contents partially consumed when the vehicle is on any highway or waters of the state.		
DUI		
It is unlawful for any person to operate or be in actual physical control of a vehicle within this state if the person's blood or breath alcohol level is above a concentration of .08 gm or greater, or if a person is under the influence of alcohol and/or other drugs to a degree which renders the person incapable of safely operating a vehicle.	Class B misdemeanor for a first or second offense. Third degree felony for a third or subsequent offense.	Imprisonment not more than 6 months; fine not exceeding \$1,000. Imprisonment not more than 5 years; fine not exceeding \$5,000.
NEGLIGENT DUI with INJURY		
The penalties for a DUI are stricter when bodily injury is inflicted upon another person.	Class A misdemeanor for a first or second offense if under age 21 with a passenger under age 18 or if transporting a passenger under age 16 Third degree felony for a third or subsequent offense.	Imprisonment not more than 1 year; fine not exceeding \$2,500. Imprisonment not more than 5 years; fine not exceeding \$5,000.
AUTOMOBILE HOMICIDE		
Automobile homicide occurs when a person operates a motor vehicle in a negligent manner causing the death of another and either has a blood or breath alcohol concentration of .08 gm or is under the influence of alcohol and/or any drug that renders a person incapable of safely operating a vehicle.	Third degree felony Second degree felony if subsequent to a previous DUI conviction or if the behavior is found to be "criminally negligent"	Imprisonment not more than 5 years; fine not exceeding \$5,000. Imprisonment not less than 1 year nor more than 15 years; fine not exceeding \$10,000.

Local Penalties

City and county regulations adhere to the standards and penalties as outlined in the Controlled Substance Act and the Utah Controlled Substance Act.



DESCRIPTION OF HEALTH RISKS

Below is information regarding the health risks generally associated with drug and alcohol use and abuse.

Narcotics	Trade Names	Physical Dependence	Psychological Dependence	Effects	Symptoms of Withdrawal	Overdose or Abuse
Opium Morphine Codeine Heroin Methadone (others also)		High	High	Euphoria Drowsiness Respiration distress Constricted pupils nausea	Slow, shallow breathing Clammy skin Convulsions Coma Possible death	Watery eyes Runny nose Yawning Loss of appetite Irritability Tremors Panic Nausea Chills
Depressants	Trade Names	Physical Dependence	Psychological Dependence	Effects	Symptoms of Withdrawal	Overdose or Abuse
Chloralhydrate	Notec	Moderate	Moderate	slurred speech, disorientation drunken behavior	Shallow breathing, Clammy skin Dilated pupils Weak, rapid pulse Coma Possible death	Anxiety, Insomnia, Tremors, Delirium, Convulsions, Possible death
Barbituates	Amytal, butisol, seconal	High	High			
Benzodiazepines		Low	Low			
Methaqualone	Ativan, Valium Et al	High	High			
Others	Quaalude Equanil	Moderate	Moderate			
Stimulants	Trade Names	Physical Dependence	Psychological Dependence	Effects	Symptoms of Withdrawal	Overdose or Abuse
Cocaine	Coke, Crack Snow, Flake	Possible for all stimulants	High	Alertness, Excitation, Euphoria, Insomnia, Loss of appetite, Increased pulse and blood pressure	Agitation, Increase in body temp, Hallucinations, Convulsions, Possible death	Apathy, Irritability, Depression, Disorientation Long periods of sleep
Amphetamines			High			
Methyphynidate	Dexedrine, et al		Moderate			
Others	Ritalin Cylert, et al		High			



Hallucinogens	Trade Names	Physical Dependence	Psychological Dependence	Effects	Symptoms of Withdrawal	Overdose or Abuse
LSD	Acid	None	Unknown	Illusions, Hallucination Euphoria Increased appetite	Psychosis Fatigue, Paranoia, Possible death with LSD	Insomnia, Hyperactive occasionally
Mescaline	Peyote	None	Unknown			
Marijuana, THC, Hash	Pot, Grass Reefer	Unknown	Moderate			
Alcohol	Trade Names	Physical Dependence	Psychological Dependence	Effects	Symptoms of Withdrawal	Overdose or Abuse
Beer Wine Liquor		Moderate	Moderate	Change moods or behavior, impaired coordination and thinking	range from mild anxiety and shakiness to severe complications, such as seizures and delirium tremens (also called DTs), possible death	Liver damage, psychotic behavior, increased risk of cancer, high blood pressure, stroke



RESOURCES

The Student Services Department provides information to students and employees about the availability of external resources on counseling, health, mental health, addiction and drug and alcohol abuse. Some of the information is available by handout from the Student Services Department. The list below constitutes commonly utilized community resources and is not comprehensive of all available resources.

ALCOHOLICS ANONYMOUS801-484-7871

80 Louise Ave S (2850 S), Salt Lake City, UT 84115

12 step program, **OPEN MEETINGS:** As the term suggests, meetings of this type are open to alcoholics and their families and to anyone interested in solving a personal drinking problem or helping someone else to solve such a problem. **CLOSED MEETINGS:** These meetings are limited to alcoholics. They provide an opportunity for members to share with one another on problems related to drinking patterns and attempts to achieve stable sobriety. They also permit detailed discussion of various elements in the recovery program.

ALCOHOLISM TREATMENT CENTER—HOUSE OF HOPE.....801-373-9222

1726 Buckley Ln, Provo, UT 84606

House of Hope's women & children's program in Provo provides safe and confidential residential treatment services for women, pregnant women, women who are trying to reunite with their children) and mothers with drug and alcohol dependence and other co-occurring issues. Services offered include group, individual, and family counseling; substance abuse education; parenting skills classes; parent-child assessments; relapse prevention; anger and stress management; case management; family involvement; social/healthy living activities; drug and alcohol testing; referral to AA, NA and CA groups. Aftercare and recovery support services are also available. Therapeutic day treatment services are provided for children 6 months to 8 years of age.

GATHERING PLACE801-226-2255

251 East 1200 South, Orem, UT 84058

Gathering Place (UCCODAR) in Orem, Utah is an alcohol rehab center focusing on substance abuse treatment services and provides substance abuse treatment with outpatient care. Pregnant or postpartum women, women, men, DUI or DWI offenders, and criminal justice clients are supported for drug treatment.

INSTITUTE OF CHANGE..... 801-487-0487
866-720-3784

958 East 11190 South, Sandy, UT, 84094, USA

A drug treatment program focusing on substance abuse treatment services. Providing substance abuse



treatment and buprenorphine used in drug treatment with outpatient care. Dual diagnosis or persons with co-occurring disorders, gays and lesbians, seniors or older adults, pregnant or postpartum women, women, men, and DUI or DWI offenders are supported for drug rehab. Medicare, private health insurance, and self-payment is accepted with sliding fee scales and payment assistance.

TURNING POINT CENTER 801-576-0745
888-576-4325

2945 E. Turning Point Circle, Sandy 84092

Programs include Inpatient Rehab, Day Treatment Program, Outpatient Rehab, and Cognitive Behavioral Therapy. Addictions treated; Heroin, Oxycodone, Alcohol, Steroid, Cocaine, Meth, Marijuana, and Prescription abuse. A non 12-step program is used as well as teaching Emotional Regulation skills, Mindfulness based CBT, EDMR and group therapy.

CHANGES COUNSELING & CONSULTATION, LLC.....801-615-2397

8221 South 700 East (On the East Side of 700 East) Sandy, Utah 84070

Open Monday through Saturday, 9 am to 10 pm, with flexible group schedules. Specialize in Intensive Outpatient (IOP) substance and mental health treatment, as well as treatment for court-ordered and private clients seeking IOP or Outpatient Alcohol & Drug counseling, Domestic Violence Survivors and offenders, Employment Services, Mental Health treatment, and several other services. Programs include individual therapy, groups, and educational workshops for children, teens, adults, and seniors. Along with substance abuse and domestic violence, we treat fear, anxiety, depression, and families.

UTAH COUNTY DEPARTMENT OF DRUG AND ALCOHOL PREVENTION AND TREATMENT.....801- 851-7128

151 S University Ave #3200, Provo, UT 84601

The center treats Substance abuse, Opiate addiction, and Alcoholism through medically assisted detox, Vivitrol used for Addiction Recovery and Naltrexone. Intensive Outpatient (IOP), Outpatient (OP) and Dual Diagnosis/Co-Occurring Disorders Treatment are offered.

ANNIE'S HOUSE.....385-255-9117

1601 13200 S, Draper, UT 84020

A trusted addiction recovery center for women in Utah created for and by women, with the goal of helping patients feel comfortable through every step of the rehabilitation process. Healing from a drug addiction is a journey that takes time and deserves respect. Options are available for people who are interested in admitting themselves, and those who need to admit a family member, friend, or loved one. The center follows a 12-step program and offers support for the whole family.



FOOTHILL RESIDENTIAL TREATMENT CENTER..... 801-851-7652

3281 N Main St, Spanish Fork, UT 84660

Residents stay at Foothill for 30 to 45 days. After an initial intake assessment, a treatment plan is devised that includes daily group and individual therapy and life skills classes. The treatment team includes Master’s-level therapists such as LCSWs and CSUCD addiction counselors. There is also a nursing staff to help with medical needs. The treatment team uses Motivational Interviewing (MI) in therapy as well as the 12-step framework. Residents attend two on-site 12-step meetings each week and are transported to additional meetings in the community several times a week. Foothill does not specialize in treating co-occurring disorders, but if residents exhibit mental health disorder symptoms they are transported to an area psychologist for dual diagnosis support.

REFLECTIONS RECOVERY UTAH.....801-784-9455

145 S 200 E St, Lindon, UT 84042

Reflections Recovery Center is a residential drug treatment program located in beautiful Utah valley. Programs vary from to 30-90 days, depending on each client’s needs, and draw from the following core elements: Assessment and Mental Health Evaluation, Integrated and Holistic approach, family involvement and aftercare.

