



**DRUG AND ALCOHOL ABUSE  
PREVENTION PROGRAM  
2020**

## Contents

INTRODUCTION.....	3
STANDARDS OF CONDUCT .....	3
REPORTING VIOLATIONS.....	4
INSTITUTIONAL DISCIPLINARY ACTION.....	4
FEDERAL, STATE, AND LOCAL LEGAL PENALTIES .....	5
Drug Schedules.....	5
Federal Penalties.....	6
State Penalties.....	8
Alcohol Penalties in Utah .....	10
Local Penalties.....	12
DESCRIPTION OF HEALTH RISKS.....	13
PREVENTATIVE MEASURES .....	17
RESOURCES .....	17



## INTRODUCTION

Ameritech College is committed to an alcohol, tobacco, and drug-free learning and working environment, and adheres to the responsibilities set forth in applicable local, state, and federal laws. All members of the College community, visitors, and guests are required to comply.

Ameritech provides education and prevention resources related to the use of alcohol, tobacco, and other drugs. The College utilizes educational strategies to increase awareness of drug, alcohol, or tobacco use. The College reserves the right to refuse any advertising or promotional activities that focus on the consumption of alcoholic beverages, tobacco, or drugs that might encourage use or abuse.

For the benefit of our students, faculty, and staff, the College complies with the Drug-Free Workplace Act of 1988 and the Drug-Free Schools and Communities Act of 1986, as well as the State of Utah's Substance Abuse & Drug Free Workplace Policy (Rule R477-14).

In accordance with the Higher Education Opportunity Act of 2008 (HEOA), each postsecondary institution in the United States that participates in Title IV student aid programs must annually distribute, in writing, to each student and each employee, information about the Drug and Alcohol Abuse Prevention Program. Please take a few minutes to review these valuable documents. If you have any questions, faculty and staff may contact the Human Resources Office and students may contact the Director of Student Services.

## STANDARDS OF CONDUCT

Ameritech prohibits the unlawful manufacture, sale, distribution, dispensation, possession or use of illegal drugs or controlled substances, and the unauthorized use or abuse (e.g., being intoxicated) of alcohol by anyone on College property (including any facilities leased or used by the College) is prohibited.

The use of alcohol by anyone under 21 years of age or the abuse of alcohol by anyone at any College sponsored or supervised activity off campus is also prohibited.

Ameritech's interest in identifying violators of law and College policy is not intended to be punitive, but rather to establish clear limits of conduct for members of the campus community. The program is designed to encourage those persons habituated to drugs and/or alcohol to seek rehabilitation.



Conscientious efforts to seek such help will not jeopardize a student's academic standing or employee's job, and all information related to such efforts will be confidential. However, efforts to obtain assistance will not preclude other disciplinary action for any of the usual reasons including policy violation or unacceptable job performance. Students or employees seeking or receiving assistance are subject to all College policies and procedures.

## **REPORTING VIOLATIONS**

Anyone who witnesses or has knowledge of violations of any Alcohol, Tobacco, or Other Drug Use and Awareness policies occurring on College premises or at a College-sponsored activity should contact the Human Resources office at (801) 816-8610 or the Director of Student Services at (801) 816-8605.

## **INSTITUTIONAL DISCIPLINARY ACTION**

For students or employees found in violation or suspected violation of this policy regarding drug and alcohol use, possession, manufacture or distribution, disciplinary action will 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 will 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 will 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

Students and employees at Ameritech College are subject to federal, state and local laws for the possession and distribution of illegal drugs. Federal law states that it is unlawful to possess controlled substances including marijuana, cocaine, LSD, PCP, heroin, designer drugs, etc.

### 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	
<b>Schedule I</b>	Schedule I drugs, substances, or chemicals are defined as drugs with no currently accepted medical use and a high potential for abuse. <b>Examples:</b> heroin, lysergic acid diethylamide (LSD), marijuana (cannabis), ecstasy, methaqualone, and peyote
<b>Schedule II</b>	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. <b>Examples:</b> 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
<b>Schedule III</b>	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. <b>Examples:</b> Products containing less than 90 milligrams of codeine per dosage unit (Tylenol with codeine), ketamine, anabolic steroids, testosterone
<b>Schedule IV</b>	Schedule IV drugs, substances, or chemicals are defined as drugs with a low potential for abuse and low risk of dependence. <b>Examples :</b> Xanax, Soma, Darvon, Darvocet, Valium, Ativan, Talwin, Ambien, Tramado
<b>Schedule V</b>	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. <b>Examples :</b> 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><b>First Offense:</b> 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><b>Second Offense:</b> 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><b>First Offense:</b> Not more than 10 yrs. If death or serious bodily injury, not more that 15 yrs. Fine not more than \$500,000 if an individual, \$2.5 million if not an individual.</p> <p><b>Second Offense:</b> 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><b>First Offense:</b> Not more than 5 yrs. Fine not more than \$250,000 if an individual, \$1 million if not an individual.</p> <p><b>Second Offense:</b> 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><b>First Offense:</b> Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual.</p> <p><b>Second Offense:</b> Not more than 4 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.</p>

<b>Federal Trafficking Penalties for Marijuana, Hashish and Hashish Oil, Schedule I Substances</b>	
Marijuana 1,000 kilograms or more marijuana mixture or 1,000 or more marijuana plants	<p><b>First Offense:</b> 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><b>Second Offense:</b> 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><b>First Offense:</b> 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><b>Second Offense:</b> 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><b>First Offense:</b> 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> <p><b>Second Offense:</b> 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 More than 10 kilograms	
Hashish Oil More than 1 kilogram	



Marijuana less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight)	<p><b>First Offense:</b> Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual.</p> <p><b>Second Offense:</b> Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual.</p>
1 to 49 marijuana plants	
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 an nonprescribed 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)
<b>MINORS</b>		
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.

<b>CONSUMPTION IN PUBLIC PLACES</b>		
Drinking liquor in a public building, park, or stadium.	Class C misdemeanor.	Imprisonment not more than 90 days; fine not exceeding \$750.
<b>INTOXICATION</b>		
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	Class C misdemeanor.	Imprisonment not more than 90 days; fine not exceeding \$750.



where the person unreasonably disturbs other persons.		
<b>UNLAWFULLY PERMITTING INTOXICATION</b>		
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.
<b>UNLAWFUL SALE OR SUPPLY TO INTOXICATED PERSONS</b>		
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.
<b>UNLAWFUL TRANSFER OF IDENTIFICATION CARD/UNLAWFUL PURCHASE BY AN INTOXICATED PERSON</b>		
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.
<b>UTAH PENALTIES FOR DRIVING UNDER THE INFLUENCE</b>		
<b>OPEN CONTAINERS</b>		
A person may not drink any alcoholic beverage while in a motor vehicle, whether that vehicle is moving, stopped, or parked, on any highway <sup>2</sup> 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 container of an alcoholic beverage that has been opened, its seal broken, or its contents partially consumed when	Class C misdemeanor.	Imprisonment not more than 90 days; fine not exceeding \$750.



the vehicle is on any highway or waters of the state.		
<b>DUI</b>		
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.
<b>NEGLIGENT DUI with INJURY</b>		
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.
<b>AUTOMOBILE HOMICIDE</b>		
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	High	High			
Others	Et al  Quaalude	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	Dexedrine, et al		High			
Methyphynidate	Ritalin		Moderate			
Others	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

## Alcohol

Ethyl alcohol, the form of alcohol found in beer, wine and liquor, is a psychoactive drug. It is classified as a central nervous system depressant, although its effects are often misinterpreted as stimulating. Low doses of alcohol significantly impair the judgment and coordination required to safely operate a motor vehicle. Moderate to high doses cause marked impairments in higher mental functions and alter a person's ability to learn and remember information. Very high doses can cause respiratory depression and death. About one in 10 people will find it difficult to control consumption, will have continuing problems associated with alcohol use and will develop the disease of alcoholism. Even those who do not eventually develop alcoholism can experience and/or cause considerable harm to themselves, others, and the community. Individuals with a family history of chemical dependency face a higher chance of developing alcoholism or other forms of drug addiction. Women who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants have irreversible physical abnormalities and mental retardation. In addition, alcohol use has been found to be significantly related to the transmission of HIV and other sexually transmitted infections, unplanned pregnancy, fighting, assaults, vandalism, and the incidence of acquaintance rape and other crimes.

## Stimulants

Drugs included in this classification include cocaine (e.g., coke, crack), methamphetamine, Ritalin/Adderall, amphetamines (speed), high doses of caffeine and other stimulants. Cocaine has been known to cause sudden death by causing the heart to beat in an abnormal rhythm resulting in a heart attack. The heart attack can be sudden and unexpected and can occur at any time when a person is using cocaine. Stimulants can cause a person to become emaciated, resulting from an increased



metabolism and an extremely decreased appetite. Psychologically, cocaine and most amphetamines are extremely addictive and affect the pleasure center of the human brain. Stimulant intoxication can lead to visual, auditory and tactile hallucinations and delusional type thinking. After a person develops dependence upon cocaine or an amphetamine, sudden or gradual cessation in use can cause markedly diminished interest or pleasure in most daily activities. Fatigue, insomnia and feelings of worthlessness are also common and can possibly result in suicide attempts.

## **Narcotics**

Drugs included in this classification include opium, morphine, codeine, heroin, OxyContin, methadone, Percodan, Percocet, and other opium derivatives and synthetics. Narcotics are the most physically addictive illicit drugs. The first or second administration of narcotics results in a tremendous euphoric feeling that cannot be repeated due to the rapid development of tolerance to the drug. This leaves the user with high cravings and low benefits from continued drug use. The user must continue ingesting the drug in order not to develop withdrawal symptoms. A major physical risk associated with the use of narcotics is sudden death resulting from respiratory arrest. Other risks include infection due to IV drug use. Psychologically, cravings for narcotics can be severe.

## **Phencyclidine/Ketamine**

These drugs form a distinct category of their own because the effects produced are unlike any other drugs. Ketamine (“Special K”) and Phencyclidine (PCP) act similarly to a hallucinogen, in some respects. In other respects, they act similarly to that of a central nervous system (CNS) stimulant as well as a CNS depressant. Among their side effects are delirium, visual disturbances, hallucinations and severe violence. Some evidence of long-term memory disorders and psychological disturbances resembling schizophrenia also has been linked to the use of these drugs.

## **Hallucinogens**

Drugs in this classification include LSD (acid), mescaline (peyote), mushrooms (psilocybin), amphetamine variants (ecstasy), and other hallucinogens. The greatest short-term risk associated with ecstasy is dehydration and overheating. Additionally, consequences that ecstasy may have on the brain include depression, anxiety and effects on the brain’s ability to think and store memories. The greatest risk associated with LSD use is a “bad trip,” which can occur at any time, even with individuals who have used the drug many times. A bad trip is a psychological reaction to the ingestion of LSD and is primarily based upon the user’s mindset and environment at the time of administration. A bad trip can result in extreme paranoia, panic attacks and a loss of self-control. The most extreme outcome of a bad trip can be permanent psychosis or even death.



## Nicotine

Nicotine is the powerfully addictive substance in tobacco that can “hook” a user in as few as three cigarettes. Short-term health effects related to smoking can include wheezing, coughing, frequent colds, and decreased senses of smell and taste. Smoking can also trigger asthma symptoms. Long-term health effects can include chronic bronchitis, lung cancer, or cancer of the mouth, throat, bladder, pancreas or kidney.

## Inhalants

Inhalants include a wide variety of breathable chemicals that produce mind-altering results. The three major subcategories of inhalants include volatile solvents, aerosols and anesthetics. The most commonly abused inhalants are gas, glue, paint and nitrous oxide (including whippets). A major physical consequence in inhalant use is sudden death occurring from heart beat irregularities.

Inhalants produce an inebriation effect with associated bizarre thoughts, dizziness, numbness and a lack of coordination. The intoxicated person will have problems performing even the most mundane tasks, and serious accidents can result. Long-term effects can include brain damage, poor concentration and memory loss.

## Cannabis

Drugs in this classification include marijuana, tetrahydrocannabinol (THC), hashish and hashish oil. Physical risks of marijuana use include damage to the lungs, chromosomes and reproductive system. The most severe consequences of cannabis use affect brain functioning. Chronic marijuana use can result in changes in perception, motor activity, sensation, emotional response, motivation, memory and states of awareness.

## Depressants

Drugs in this classification include Rohypnol and other barbiturates, benzodiazepines, Xanax, valium, GHB and other depressants including alcohol. Depressants produce rapid tolerance. Severe withdrawal, including seizures and death, can occur if depressant use is immediately stopped. Depressants also can cause sudden death by respiratory arrest or by stroke resulting from a marked increase in blood pressure. Mixing alcohol with other depressants can be lethal.





## PREVENTATIVE MEASURES

The College operates as an alcohol 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.

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. Nursing and Occupational Therapy Assistant students 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 the 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 which includes a review of the Drug and Alcohol Abuse Prevention Program.

## 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 Anonymous** .....801-484-7871

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 Place .....801-226-2255**

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**

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**

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.

