

Drug and Alcohol Abuse Prevention Program

The Drug and Alcohol Abuse Prevention Regulations (Education Department General Administrative Regulations [EDGAR]) specifies that no institution of higher education shall be eligible to receive funds or any other form of financial assistance under any Federal program, including participation in any federally funded or guaranteed student loan program, unless the institution certifies to the Secretary that the institution has adopted and has implemented a program to prevent the use of illicit drugs and the abuse of alcohol by students and employees. In response, Zion Massage College has adopted and implemented a program and policies to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees.

Zion Massage College (ZMC) is committed to providing and maintaining a drug free environment. The institution also prohibits the use of tobacco products and electronic delivery devices on campus. Any type of drug use, including alcohol, is dangerous and potentially life threatening. Drugs and alcohol adversely affect the body, mind and behavior. The effects vary from person to person and from usage to usage. Even low doses of drugs and alcohol can impair judgment and coordination. If you use drugs or alcohol, you risk overdose, accidents, dependence, ill health, as well as legal, financial and personal problems. The federal laws against drugs are divided into two categories: possession and distribution. The penalties are severe depending upon the type of drug, quantity of the drug, and any prior offense. Simple possession of controlled substances will earn: civil fines up to \$10,000 per violation, jail sentence and denial of Federal benefits. Manufacture, sale or distribution of all scheduled drugs: prison sentence or a FELONY. Utah State law also prohibits the use of illegal drugs and carries penalties which can be found by following the link <https://rules.utah.gov/publicat/code/r156/r156-37.htm>.

Annual Notification:

An annual notification will be sent to all students and employees.

ZMC's Drug Abuse and Alcohol Prevention Program is distributed both at orientation and is emailed to students in October of each year to ensure all students receive the notification. The notification will include the consequences of illicit drug and alcohol abuse violations on campus, including possible criminal sanctions and student disciplinary actions up to and including

expulsion pursuant to applicable state/federal law and ZMC policy and administrative regulations. The purpose of such sanctions and discipline is to urge the student to begin the process of rehabilitation. The notification will also provide a list of campus and community resources available to all students, such as counseling and rehabilitation for persons with alcohol or drug related problems.

The President of ZMC (or Designee) will ensure the information is available on the ZMC's Disclosure section of its website and that all new employees receive a copy of ZMC's policies and procedures related to preserving a drug and alcohol free workplace during new employee orientation.

The notification will include:

1. Standards of conduct that clearly prohibit, at minimum, the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees;
2. A description of appropriate legal sanctions for violation of 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 abuse of illicit drugs or alcohol use.
4. A list of drug and alcohol programs (counseling, treatment, rehabilitation, and re-entry) that are available to employees or students;
5. A clear statement that Zion Massage College will impose disciplinary sanctions on students and employees for violations of the standards of conduct and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution.

Standards of Conduct

1. Employees:

The unlawful possession, purchase, manufacture, use, sale or distribution of illicit drugs and alcohol by employees on ZMC property or at any of its activities is prohibited. Zion Massage College will impose sanctions, consistent with local, State, and Federal law, for violations of ZMC alcohol and drug policies as stated in college policies or employee handbooks/manuals. Disciplinary action may include corrective discipline, counseling, (faculty) reassignment, verbal warnings, documented warnings, probation, suspension with or without pay, and discharge for employees and/or referral to local law enforcement for prosecution.

If an employee is convicted of violating criminal laws concerning alcohol or drugs, in addition to civil action, the employee may be subject to termination. Legal sanctions may include classes, community service, fines, prison terms, loss of driving privileges, and mandated rehabilitation

programs. In addition, failure to disclose previous convictions on a job application is grounds for termination.

2. Students:

Students are responsible for complying with all college regulations and for maintaining appropriate course requirements as established by the instructors.

Disciplinary action may be imposed on a student for violation of college rules and regulations, the Utah Education Code, Utah Penal Code, and the Utah Administrative Code. Student misconduct may result in disciplinary action by the college and prosecution by civil authorities.

Misconduct that may result in disciplinary action includes, but is not limited to, the following violations:

The use, sale, or possession on campus of, or presence on campus under the influence of, any controlled substance, or any poison classified as such by Schedule D in Section 4160 of the Business and Professions Code or any controlled substance listed in Utah Controlled Substance Act found at <https://le.utah.gov/xcode/Title58/Chapter37/58-37.html> .

Disciplinary Actions

Students facing disciplinary action are subject to any of the following actions:

- Reprimand (written or verbal) – An admonition to the student to cease and desist from conduct determined to violate the Code of Student Conduct. Written reprimands may become a part of the student’s permanent record at the college. A record of the fact that a verbal reprimand has been given may become a part of the student’s record at ZMC for a period of up to one year.
- Probation – A period of time specified for observing and evaluating a student’s conduct, with or without special conditions. Probation will be imposed for a specific period of time; the student is considered removed from probation when the period expires.

Violation of any conditions during the period of probation may be cause for further disciplinary action.

- Loss of Privileges and Exclusion from Activities – Exclusion from participation in designated privileges and extracurricular activities, including Prana Experiences for a specified period of time. Violation of any conditions or Code of Student Conduct during the period of sanction may be cause for further disciplinary action.

- Educational Sanction – Work, research projects, counseling, or community service projects may be assigned. Violation of any requirements of assignment or Code of Student Conduct during the period of sanction may be cause for further disciplinary action.
- Treatment Requirement -Require enrollment in anger management, drug and alcohol rehabilitation treatment. Such requirement must receive prior approval from the Vice President of Student Services (or designee).
- Removal from Class – Exclusion of the student by an instructor for the day of the removal and the next class meeting. Instructor must immediately report the removal to the Vice President of Student Services (or designee).
- Exclusion from Areas of the College – Exclusion of a student from specified areas of the campus. Violation of the conditions of exclusion or Code of Student Conduct during the period of exclusion may be cause for further disciplinary action.
- Withdrawal of Consent to Remain on Campus – Withdrawal of consent by the St George Police Department for any person to remain on campus where the St George Police Department has reasonable cause to believe that such person has willfully disrupted the orderly operation of the campus. Any person as to whom consent to remain on campus has been withdrawn who knowingly reenters the campus during the period in which consent has been withdrawn, except to come for a meeting or hearing, is subject to arrest.
- Short-term Suspension -Exclusion of the student by the President (or designee) for good cause from one or more classes for a period of up to ten consecutive days of instruction.
- Long-term Suspension – Exclusion of the student by the President (or designee) for good cause from one or more classes for the remainder of the school term or school year, or from all classes and activities of the college and District for one or more terms.
- Expulsion – Exclusion of the student by the Program Advisory Committee from attending ZMC.

Disciplinary action may be imposed on a student by:

The President (or designee) who may impose any form of discipline, including summarily suspending a student when deemed necessary for the welfare and safety of the ZMC community.

The President who may recommend “expulsion” to the Program Advisory Committee.

The Program Advisory Committee who may terminate a student’s privilege to attend ZMC.

Student Grievance:

Students who believe that they have been improperly subjected to any of the disciplinary measures stated in this policy may file a Student Grievance with the Program Director or President of ZMC.

Zion Massage College supports the laws and regulations of the United States of America, the State of Utah, Washington County and the City of St. George. Each student and employee is expected to do the same. Applicable legal sanctions under state, local, and federal law can include: forfeiture of personal property and real estate, fines, revocation of driver's license, probation, parole, imprisonment, mandatory minimum sentences, and deportation for non-US citizens.

For Further Information Visit the United States Drug Enforcement Administration:
<https://www.dea.gov/drug-information>

Legal Sanctions

Zion Massage College administration in cooperation with the St. George Police Department enforces all federal and state laws and local ordinances.

Federal

Federal Trafficking Penalties table, obtained from the U.S. Drug Enforcement Administration is provided below:

<https://www.dea.gov/druginfo/ds.shtml>

State

In addition to the information listed above, a complete listing of Utah substances, how they are placed on the schedule and additional drug information, can be found below:

<https://rules.utah.gov/publicat/code/r156/r156-37.htm>

Alcohol and drugs are toxic to the human body. Substance abuse may result in a wide array of serious health and behavioral problems and has both long and short-term effects on the body and the mind. In addition to the problem of toxicity, contaminant poisonings often occur with illegal drug use. HIV infection with intravenous drug use is a prevalent hazard.

Acute health problems may include heart attack, stroke, and sudden death, which can occur for first-time cocaine users. Long lasting effects caused by drug and alcohol abuse can cause problems such as disruption of normal heart rhythm, high blood pressure, leaks of blood vessels

in the brain, bleeding and destruction of brain cells, possible memory loss, infertility, impotency, immune system impairment, kidney failure, cirrhosis of the liver and pulmonary damage. Drug use during pregnancy may result in fetal damage and birth defects causing hyperactivity, neurological abnormalities, and developmental difficulties.

Listed below are additional Health Risks due to Alcohol Abuse

- Known health risks include increased risk of injuries, violence, fetal damage (in pregnant women), depression, neurologic deficits, hypertension, liver and heart disease, addiction and fatal overdose.
- Alcohol affects every organ in the drinker's body and can damage a developing fetus. Intoxication can impair brain function and motor skills; heavy use can increase risk of certain cancers, stroke, and liver disease. Alcoholism or alcohol dependence is a diagnosable disease characterized by a strong craving for alcohol, and/or continued use despite harm or personal injury. Alcohol abuse, which can lead to alcoholism, is a pattern of drinking that result in harm to one's health, interpersonal relationships, or ability to work.

Substance and Possible Long-Term Effects

Alcohol

Toxic psychosis, physical dependence, neurological and liver damage, fetal alcohol syndrome, impaired judgment

Amphetamines

Loss of appetite, delusions, hallucinations, heart problems, hypertension, irritability, insomnia, toxic psychosis, rebound depression

Barbiturates

Severe withdrawal symptoms, possible convulsions, toxic psychosis, depression, physical dependence, impaired judgment

Benzodiazepines

Impaired judgment, sedation, panic reaction, seizures, psychological dependence, physical dependence

Cocaine

Loss of appetite, depression, weight loss, seizure, heart attack, stroke, hypertension, psychosis, chronic cough, nasal passage injury, hallucinations

Codeine

Physical dependence, constipation, loss of appetite, lethargy, respiratory depression

Heroin

Physical dependence, constipation, loss of appetite, lethargy, respiratory depression

Inhalants

Psychological dependence, psychotic reactions, confusion, frozen airway, sudden death

LSD

May intensify existing psychosis, panic reactions, can interfere with psychological adjustment and social functioning, insomnia, flashbacks

MDA, MDMA, MOA

Same as LSD, sleeplessness, nausea, confusion, increased blood pressure, sweating, paranoia

Marijuana (cannabis)

Bronchitis, conjunctivitis, mood swings, paranoia, lethargy, impaired concentration

Mescaline (peyote cactus)

May intensify existing psychosis, hallucinations at high dose

Methamphetamine

Increased wakefulness, increased physical activity, decreased appetite, increased respiration, rapid heart rate, irregular heartbeat, increased blood pressure, and increased body temperature

Methaqualone

Coma, convulsions

Morphine

Physical dependence, constipation, loss of appetite, lethargy

PCP

Psychotic behavior, violent acts, psychosis, hallucinations at high dose

Psilocybin

May intensify existing psychosis

Steroids

Cholesterol imbalance, acne, baldness, anger management problems, masculinization of women, breast enlargement in men, premature fusion of long bones preventing attainment of

normal height, atrophy of reproductive organs, impotence, reduced fertility, stroke, hypertension, congestive heart failure, liver damage, depression

Drug and Alcohol Prevention Programs and Resources

Campus Health Services Contacts:

ZMC President: 567 S. Valley View Dr Suite 209. 435-216-8512

ZMC Program Director: 567 S Valley View Dr Suite 4. 435-359-9824

Additional Resources

Drug Problems

Narcotics Anonymous (NA) – Self-help program for recovery for individuals with drug problems (510) 444-4673 or www.sfna.org

Nar-Anon: Self-help program for recovery for those in a relationship with individuals who have drug problems. (510) 526-2455

Alcohol Problems

Alcoholics Anonymous (AA): Self-help program of recovery for individuals with alcohol problems.
(510) 839-8900 www.eastbayaa.org

Al-Anon: Self-help program for recovery for those in a relationship with individuals who have alcohol problems. <http://utah-alanon.org/> 801-262-9587

Co-Dependency Anonymous (C.O.D.A.): Self-help program for recovery for adults who have co-dependency issues. (415) 905-6331

Adult Children of Alcoholics (A.C.A.): Self-help programs of recovery for individuals whose parent(s) have/had an alcohol problem.

LGBTQ Addiction Resources (877) 625-9099 www.ridgefieldrecovery.com/rehab-resources/lgbtq-addiction/

SAMHSA—Substance Abuse and Mental Health Service Administration Department of Health and Human Services http://www.samhsa.gov/treatment/treatment_public_i.aspx
1-800-662-4357

Utah Department of Human Services Substance Abuse and Mental Health
<https://dsamh.utah.gov/>

Sober Recovery Online Resources
<https://local.soberrecovery.com/Utah-nUtah.html>

Community Crisis Lines

Students who are experiencing a Behavioral Health emergency should call 9-1-1.
Students who need information about handling a mental health crisis should speak to a trained counselor who can help with their specific situation.

Crisis Line Resources:

Utah Crisis Support Services Number: 801-587-3000

The Soldiers Project www.thesoldiersproject.org (877)576-5343

The Trevor Project <http://www.thetrevorproject.org> (866) 488-7386