

DRUG & ALCOHOL ABUSE PREVENTION PROGRAM

Introduction

South Hills has an obligation to do whatever we can to make sure our students are aware of the dangers of drugs and to not use drugs. We not only have an obligation to our students, but also an obligation to the employers who hire our graduates. We have made a commitment to help students receive the best education possible for their chosen career. Employers of our graduates trust us to provide the best employees in the field with top-notch skills. We cannot fully educate students or provide employers with good employees if our students are using drugs or drinking.

In accordance with the Drug-Free School and Communities Act amendments of 1989, Public Law 101-226, South Hills is hereby declared a drug- and alcohol-free school and workplace. In conformance with the law, South Hills will make a good faith effort to maintain a drug- and alcohol-free school and workplace through implementation of the preceding policy. South Hills has established and maintains a drug- and alcohol-free awareness program.

Policy Statement on Drugs & Alcohol

Students are prohibited from the unlawful manufacture, distribution, dispensing, possession or use of a controlled substance or alcohol anywhere on property belonging to South Hills, including grounds, parking areas, anywhere within the building, or while participating in school-related activities.

Drug & Alcohol Programs

The school provides a program related to drug use and abuse, including dissemination of information materials, educational programs, and counseling services at orientation each year.

Disciplinary Procedures

Students found to be using drugs or alcohol during school hours will be required to meet with the Director and/or Campus Director. The student will be counseled and, if necessary, referred for additional professional counseling.

Sanctions

As a condition of enrollment, students must abide by the terms of the policy or South Hills will take one or more of the following actions within 30 days with respect to any student who violates this policy by:

- Written warning
- Reporting the violation to law enforcement officials
- Requiring each student to participate in a substance abuse rehabilitation program approved for such purposes by a federal, state, or local health, law enforcement or other appropriate agency
- Expulsion

Pennsylvania Drug & Alcohol Law

In accordance with Pennsylvania law:

- The legal drinking age in Pennsylvania is 21; persons under the age of 21 may not consume, purchase or possess alcohol.
- It is unlawful to sell or furnish alcoholic beverages to persons under the age of 21.
- It is unlawful for persons under the age of 21 to misrepresent one's age for the purposes of purchasing alcoholic beverages.
- It is illegal to possess, consume, or sell illicit drugs including marijuana, narcotics, hallucinogens, amphetamines, and barbiturates.

Individuals who have questions about how drug or alcohol use can affect the mind, body or career or if the individual needs information to get off drugs or alcohol, South Hills School is willing to assist. Information and resources are available from our Drug Abuse Prevention Coordinator in the Academic Affairs Office.

Health Risks

Considerable health risks are associated with the abuse of controlled substances. Substance abuse dramatically impairs employee and student performance, contributes to absenteeism and presents safety risks for not only the abusing employee or student but also to others within the college community. The following are general descriptions of some of the health risks associated with substance abuse from the National Institute of Drug Abuse website at <http://www.drugabuse.gov>:

Alcohol

Loss of concentration and judgment; slowed reflexes; disorientation leading to higher risk of accidents and problem behavior; risk of liver and heart damage, malnutrition, cancer and other illnesses; can be highly addictive to some persons.

Amphetamines

Can cause rushed, careless behavior and pushing beyond your physical capacity leading to exhaustion; tolerance increases rapidly; causes physical and psychological dependence; withdrawal can result in depression and suicide; continued high doses can cause heart problems, infections, malnutrition and death.

Cannabis

Can cause permanent damage to lungs, reproductive organs and brain function; slows reflexes; increases forgetfulness; alters judgment of space and distance.

Cocaine

Causes damage to respiratory and immune systems; induces malnutrition, seizures and loss of brain function. Some forms (such as "crack") are highly addictive.

Hallucinogens (PCP, LSD, Ecstasy)

Cause extreme distortions of what's seen and heard; induces sudden changes in behavior, loss of concentration and memory; increases risk of birth defects in user's children; overdose can cause psychosis, convulsions, coma and death. Frequent use can cause permanent loss of mental function.

Inhalants (Nitrous Oxide, Amyl Nitrite, Butyl Nitrite, Chlorohydrocarbons, Hydrocarbons)

Cause nausea, dizziness, fatigue, slurred speech, hallucinations or delusions; may lead to rapid and irregular heart rhythms, heart failure and death; long-term use may result in loss of feeling, hearing and vision; can result in permanent damage to the brain, heart, lungs, liver and kidneys.

Narcotics (Heroin, Morphine, Opium, Codeine)

Highly addictive; tolerance increases rapidly; cause physical and psychological dependence; overdose can cause coma, convulsions, respiratory arrest and death; leads to malnutrition, infection and hepatitis. Sharing needles is a leading cause of the spread of HIV and hepatitis.

Sedatives

Tolerance increases rapidly; produces physical and psychological dependence; cause reduced reaction time and confusion; overdoses can cause coma, respiratory arrest, convulsions and death; withdrawal can be dangerous; in combination with other controlled substances can quickly cause coma and death.

Signs of Substance Abuse

Signs of substance abuse include:

- Sudden change in behavior
- Mood swings—irritable and grumpy and then suddenly happy and bright
- Withdrawal from family members
- Careless about personal grooming
- Loss of interest in hobbies, sports, and other favorite activities
- Changed sleeping pattern—up at night and sleeps during the day
- Red or glassy eyes
- Stuffy or runny nose

Drug & Alcohol Program Review

South Hills reviews its Drug/Alcohol Abuse Prevention Program biennially. The purpose of the review is to:

- Determine the effectiveness and implement changes to the program if needed
- Ensure that the disciplinary sanctions described in the program are consistently enforced

The Drug Abuse Prevention Coordinator, Director of Regulatory Affairs, and Director meet on or about July 1, biennially to discuss documented instances where the Drug/Alcohol Abuse Prevention Program has been violated. A biennial review of State College's Drug/Alcohol Abuse Prevention Program was conducted to assess the current program and make recommendations for improvement, if needed.

There has been no report of drug or alcohol violations during the past three years. Therefore, no assessment can be made to determine if the program and sanctions at South Hills are effective. However, we cannot assume that no incidents are a direct correlation to our Drug/Alcohol Abuse Prevention Program, so we will continue our efforts in creating awareness in our fight against drug and alcohol abuse.

ASSISTANCE HOTLINES LISTED BY COUNTY

| RAINN Rape/Abuse/Incest National Network | | Free Confidential Help |
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| 24 Hour Crisis Help-Line | | 800-656-HOPE (4673) |
| Blair County | | |
| Domestic Abuse Project 800-799-7223 814-944-3585 | Comprehensive victim services, sexual assault intervention, domestic violence program & shelter; free and confidential helpline | |
| Blair Crisis Center 2022 Broad Avenue Altoona, PA 16601 800-500-2849 | Referral services for a number of issues: Crisis intervention. Walk-in and mobile assistance. | |
| Blair Co MH/MR & Drug & Alcohol 423 Allegheny St, Suite 441 Hollidaysburg, PA 16648 814-693-3023 | Substance abuse assistance, mental health and welfare issues | |
| Centre County | | |
| Call 211 Referral Hotline | | |
| Women's Resource Center 140 W Nittany Avenue State College, PA 16801 24-HR Hotline: 877-234-5050 814-234-5050 | Sexual and domestic assault, counseling and legal support, PFA assistance, emergency shelter | |
| Centre Co Mental Health, Intellectual | Drug and alcohol counseling, emergency care, mobile unit available to assist, | |

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| <p>Disability, Early Intervention, Drug & Alcohol 3500 East College Avenue State College, PA 16801 814-355-6782 (M-F, 8 AM-5 PM) 800-643-5432 Help Line (24-hour)</p> | <p>mental health intervention</p> |
| <p>Community Help Center 410 South Fraser Street State College, PA 16801 24-HR Hotline: 800-494-2500 814-237-5855</p> | <p>Counseling and referrals for physical and sexual abuse, drug and alcohol problems, other social service needs</p> |
| <p>Veteran's Counseling Outpatient 3048 Enterprise Drive State College, PA 16801 814-867-5415 877-626-2500 Suicide Crisis Line: Counseling 800-273-8255</p> | <p>Post traumatic stress disorder, substance abuse, mental health issues, grief, adjustment disorders.</p> <p>Suicide Counseling</p> |
| <p>Clearfield/Jefferson Counties</p> | |
| <p>Community Action Crossroads Project 105 Grace Way Punxsutawney, PA 15767 800-598-3998 814-938-3302</p> | <p>Domestic violence program, emergency shelter, advocacy support group</p> |
| <p>Huntingdon County</p> | |
| <p>Huntingdon House 401 Seventh Street Huntingdon, PA 16652 24-HR Hotline: 814-643-1190 814-643-2801</p> | <p>Domestic violence and sexual assault, legal advocacy (PFA), emergency shelter, counseling and support services</p> |
| <p>Main Stream Counseling 900 Washington Street Huntingdon, PA 16652 814-643-1114 8:00 a.m.-5:00 p.m.</p> | <p>Crisis intervention and substance abuse</p> |
| <p>Tri-County Crisis 24-HR Help Line: 800-929-9583</p> | <p>All areas of mental health issues. Support and crisis intervention. County MHMR Office.</p> |
| <p>Mifflin & Juniata Counties</p> | |
| <p>The Abuse Network 31 South Dorcus Street Lewistown, PA 17044 24-HR Hotline: 717-242-2444 717-447-1885</p> | <p>Sexual assault, domestic violence, victim services, medical advocacy, support groups & education</p> |
| <p>Clear Concepts of Lewistown 24 North Main Street Lewistown, PA 17044 717-242-3070</p> | <p>Substance abuse counseling, substance abuse treatment</p> |
| <p>Tri-County Crisis 24-HR Help Line: 717-242-2444</p> | <p>All areas of mental health issues. Support and crisis intervention. County MHMR Office.</p> |

DRUG & ALCOHOL—POTENTIAL LEGAL SANCTIONS

Legal sanctions under local, state and federal law for unlawful use or distribution of illicit drugs and alcohol include:

FEDERAL TRAFFICKING PENALTIES

| Federal Trafficking Penalties for | | | | |
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| Schedules I, II, III, IV, and V (except Marijuana) | | | | |
| Schedule | Substance/ Quantity | Penalty | Substance/Quantity | Penalty |
| II | Cocaine 500-4999 grams mixture | 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. 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. | Cocaine 5 kilograms or more mixture | 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. 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. 2 or More Prior Offenses: Life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual. |
| 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 | | 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. | | |
| Any Drug Product Containing Gamma Hydroxybutyric Acid | | | | |
| Flunitrazepam (Schedule IV) 1 Gram | | 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. | | |
| Any Amount Of Other Schedule III Drugs | | 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. Second Offense: Not more than 20 yrs. If death or serious bodily injury, not more than 30 yrs. Fine not more than \$1 million if an individual, \$5 million if not an individual. | | |
| Any Amount Of All Other Schedule IV Drugs (other than one gram or more of Flunitrazepam) | | First Offense: Not more than 5 yrs. Fine not more than \$250,000 if an individual, \$1 million if not an individual. Second Offense: Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if other than an individual. | | |
| Any Amount Of All Schedule V Drugs | | First Offense: Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual. Second Offense: Not more than 4 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual. | | |
| Federal Trafficking Penalties for Marijuana, Hashish and Hashish Oil, Schedule I Substances | | | | |
| Marijuana | | First Offense: Not less than 10 yrs. or more than life. If death or serious bodily injury, not less | | |

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| 1,000 kilograms or more marijuana mixture or 1,000 or more marijuana plants | <p>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> <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 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>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> |
| 1 to 49 marijuana plants | |
| Hashish 10 kilograms or less | |
| Hashish Oil 1 kilogram or less | |

<http://www.justthinktwice.com/>
<http://www.getsmartaboutdrugs.com/>
http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html

PENNSYLVANIA DRUG PENALTIES

- Possession of 30 grams or less of marijuana: misdemeanor and up to 30 days in jail and a fine of \$500. Possible 6 months loss of license and driving privileges. (A-31)
- Possession of drug paraphernalia, or selling/distributing marijuana: 6-12 months in jail and/or a fine of up to \$2500 (A-32)
- Simple possession of any drug: 6-12 months in jail on first offense. \$5000 fine
18-36 months in jail after first offense. \$25,000 fine (A-16)
- Possession with intent to Deliver: 35 PS – SS780-113 (a) (30)
 - ⇒ Marijuana: Depending on amt. 30 to 60 months. \$100,000 fine
 - ⇒ Ecstasy: Depending on amt. 30-180 months. \$250,000 fine
 - ⇒ Cocaine, PCP, Meth: 60-120 months. \$100,000 fine.
 - ⇒ Heroin: 90-180 months. \$250,000

Penalties may be doubled or tripled if you are also charged with distributing controlled substances in a school zone, or distributing to a minor/person under 21 years of age.