



Alcohol and Drug Prevention Program

Standards of Conduct

All students and employees are informed that the unlawful manufacture, distribution, dispersion, possession, or use of a controlled substance or alcohol within the premises of the school and at school sponsored events on or off campus is strictly prohibited. Students and employees violating this rule will be subject to disciplinary action up to and including immediate termination from the program or employment.

- Healing Hands School of Holistic Health is committed to protecting the safety, health, and well-being of its students, employees and all people who come into contact with its campuses, Recognizing that drug and alcohol abuse pose a direct and significant threat to this goal, Healing Hands School of Holistic Health is committed to ensuring a substance-free environment for all of its students and employees.
- Healing Hands School of Holistic Health therefore strictly prohibits the illicit use, possession, sale, conveyance, distribution, or manufacture of illegal drugs, intoxicants, or controlled substances in any amount or in any manner.
- In addition, Healing Hands School of Holistic Health strictly prohibits the abuse of alcohol or prescription drugs.
- Any violation of this policy will result in disciplinary action up to and including expulsion, termination of employment, and referral for prosecution.

Substances covered under this policy include alcohol, illegal drugs, inhalants, and prescription and over-the-counter drugs. An illegal drug is any substance that is illegal to use, possess, sell, or transfer. An inhalant is any substance that produces mind-altering effects when inhaled. A prescription drug is any substance prescribed for an individual by a licensed health care provider. You are under the influence if any substance impairs your behavior or your ability to work safely and productively; results in a physical or mental condition that creates a risk to your own safety, the safety of others, or company property; or is shown to be present in your body, by laboratory evidence, in more than an identifiable trace.

Disciplinary Sanctions

All students and employees are informed that the unlawful manufacture, distribution, dispersion, possession, or use of a controlled substance or alcohol within the premises of the school is strictly prohibited. Students and employees violating this rule will be subject to disciplinary action such as written warning, probation, fines, restitution, suspension, expulsion and termination of employment. A conviction involving the possession or sale of illegal drugs can result in a loss of student eligibility for federal financial aid.

No alcoholic beverages or illegal drugs will be permitted inside the Healing Hands School, in the School's parking lot or on School's grounds. Students known to be abusing alcohol or drugs or coming to class with their functioning impaired by alcohol or drug usage will be expelled from the school according to the Dismissal Protocol included in this Catalog. These students may re-enroll one time only after a period of one (1) year and treatment for their problem as well as a letter of recommendation for re-enrollment from their treatment counselor. A second violation of the alcohol and/or drug usage policy will result in expulsion with no re-enrollment possible.

In accordance with California law, persons under 21 years of age may not consume, purchase, or possess alcohol.

Legal Sanctions under State and Federal Law

California State Laws and Penalties

A violation of California law for the use of alcohol by obviously intoxicated individuals will vary with the particular circumstances but may include imprisonment in the county jail and substantial fines and penalties. A DUI conviction may lead to a suspension or revocation of your driver's license, fine, jail time, and completion of a DUI program. Additionally, minors who are arrested for violations concerning the use of alcohol run the risk of having their driving privileges suspended or revoked until they are 18. A violation of the law involving an individual being under the influence of a combination of alcohol and other drugs (itself potentially deadly), may result in an increase in criminal sanctions and penalties.

- You must be 21 before you can buy or drink alcoholic beverages.
- Any person who furnishes, gives or sells any alcoholic beverage to someone under the age of 21 is guilty of a misdemeanor.
- Any person under the influence of alcohol in a public place and unable to exercise care for one's own safety or that of others is guilty of a misdemeanor.
- It is against the law for you to possess alcohol on any street, highway, or public place; or carry alcohol in a car; or be a passenger in a car carrying alcohol unless accompanied by a parent or legal guardian, *even if the container is sealed and in the trunk.*
- The court will order a one-year suspension of your driving privilege if you are between 13 and 21 years old and are convicted of a drug-related offense.
- It is a misdemeanor to ride a bicycle under the influence of alcohol, drugs or both.
- It is an infraction to possess an open container of an alcoholic beverage while in a motor vehicle.
- It is an infraction for an owner or driver of a motor vehicle to allow an open container of alcohol in the passenger area.

It is illegal to drive after consuming excessive amounts of alcohol in any form (including medications such as cough syrup), or taking any drug (including prescription medications), or using any combination of alcohol or drugs that impairs your ability to drive.

It is illegal for any person to operate a vehicle with a:

- BAC of 0.08% or higher, if the person is age 21 or older.
- BAC of 0.01% or higher, if the person is under age 21.
- BAC of 0.01% or higher at any age, if the person is on a DUI probation.
- BAC of 0.04% or higher, in any vehicle requiring a CDL—with or without a CDL issued to the driver.

Federal Laws and Penalties

The Controlled Substances Act (CSA) is the statute establishing federal U.S. drug policy under which the manufacture, importation, possession, use and distribution of certain substances is regulated.

- First conviction: Up to one year imprisonment and fined a minimum of \$1,000 or both.
- After one prior drug conviction: At least 15 days in prison, not to exceed two years and fined a minimum of \$2,500.
- After two or more prior drug convictions: At least 90 days in prison, not to exceed three years and fined a minimum of \$5,000.

For the Title 21 United States Code (USC) Controlled Substances Act regarding penalties for simple possession:

<https://www.deadiversion.usdoj.gov/21cfr/21usc/844.htm>

For the Title 21 United States Code (USC) Controlled Substances Act regarding civil penalty for possession of small amounts of certain controlled substances:

<https://www.deadiversion.usdoj.gov/21cfr/21usc/844a.htm>

For a comprehensive list of federal trafficking penalties: <https://www.dea.gov/druginfo/ftp3.shtml>

Federal Student Aid (FSA) Penalties for Drug Law Violations

A conviction of any offense involving the possession or sale of illegal drugs can result in a loss of eligibility for federal student aid. Convictions only count against a student for aid eligibility purposes if they were for an offense that occurred during a period of enrollment for which the student was receiving federal student aid—they do not count if the offense was not during such a period, unless the student was denied federal benefits for drug trafficking by a federal or state judge. Also, a conviction that was reversed, set aside, or removed from the student's record does not count, nor does one received when she was a juvenile, unless she was tried as an adult.

	Possession of illegal drugs	Sale of illegal drugs
1st offense	1 year from date of conviction	2 years from date of conviction
2nd offense	2 years from date of conviction	Indefinite period
3+ offenses	Indefinite period	

Health Risks Associated with the Use of Illicit Drugs and the Abuse of Alcohol

Signs of abuse or addiction - The physical signs of abuse will vary according to the type of drug being abused. The short term and long term effects of drugs are the symptoms that will present themselves during abuse. Addiction is a complex brain disease with symptoms that include strong drug cravings, active seeking of the drug, and use of the drug that continues even in the presence of devastating life consequences including loss of job, the incurring of debt, family and personal relationship problems, and physical health problems.

The following is a description of health risks associated with the use of illicit drugs and abuse of alcohol:

Alcohol - Alcohol is made from the fermentation of sugars by yeast organisms. It is commonly served as beer, wine and spirits.

Short term effects: decreased brain function, mood swings, decreased coordination.

Long term effects: Cardiomyopathy, Arrhythmias, stroke, high blood pressure, Steatosis, hepatitis, Fibrosis, Cirrhosis, pancreatitis, increased risk of cancer, decreased function of immune system.

Inhalants - Inhalants are solvents, aerosols, gases and chemical vapors that are used to alter the perceptions of the user. They can be found in many common household products including: spray paints, glues, markers and cleaning fluids.

Short term effects include: confusion, nausea, poor speech, decreased coordination, euphoria, dizziness, hallucinations, intense headaches, sudden death due to heart failure or asphyxiation, seizures and coma.

Long term effects include: Liver and kidney damage, bone marrow damage, nerve damage, and brain damage.

Marijuana - Marijuana is made from the plant Cannabis sativa. Its main ingredient is the mind altering chemical THC (delta-9-tetrahydrocannabinol).

Short term effects: enhanced sensory perception, euphoria, decreased reactions, balance and coordination, difficulty with learning and memory, hallucinations and anxiety.

Long term effects: Mental health problems, frequent respiratory infections.

Methamphetamines - Methamphetamines are extremely addictive amphetamine stimulants.

Short term effects: increased alertness, decreased appetite, increased breathing, heart rate and blood pressure, irregular heartbeat.

Long term effects: anxiety, confusion, drastic mood swings, violent behavior, paranoia, hallucinations, weight loss, severe dental problems, skin sores from uncontrollable itching.

Tobacco/Nicotine - Tobacco is grown for its leaves which carry a large content of the perception altering and highly addictive chemical Nicotine.

Short term effects: increased blood pressure, breathing and heart rate.

Long term effects: increased risk of cancer (especially lung, mouth and throat), chronic bronchitis, emphysema, increased risk of heart disease, leukemia, cataracts and pneumonia.

Prescription Drugs – Prescription drugs are any substance prescribed for an individual by a licensed healthcare provider. There are a number of prescription drugs that are highly addictive and have potential for abuse. These include opiate painkillers (e.g., OxyContin, hydrocodone), central nervous system depressants (e.g., Xanax, Vicodin), and stimulants (e.g., Adderall, Ritalin).

Short term effects: impaired reflexes and perceptions; slowed respiration and heart rate, significantly greater risk of having an accident while driving, seizures and memory difficulties; withdrawal symptoms such as nausea, shaking, sweating and nervousness, bone pain, insomnia, vomiting and uncontrolled leg movements, depression, exhaustion and sleep problems.

Long term effects: organ damage and failure, especially to kidneys and liver; dependency and addiction; intense withdrawal symptoms; increased mental health symptoms such as paranoia and depression; decreased cognitive function; risk of overdose and death.

Alcohol and Other Drug Prevention, Intervention, Treatment, Recovery and Rehabilitation Services

Healing Hands School does not provide direct health or counseling services. The school can provide information about drug awareness programs, penalties for violations, and references to local resources. Students and employees are asked to speak with the Director for more information. The following agencies provide assistance and/or referral:

National Resources

Substance Abuse and Mental Health Services Administration (SAMHSA)
877-SAMHSA-7 (877-726-4727)
800-487-4889 (TDD)
www.samhsa.gov

Find alcohol and drug abuse treatment or mental health treatment facilities and programs around the country at <https://findtreatment.samhsa.gov>

Telephone Hotlines

All hotline numbers are toll-free.

SAMHSA's National Helpline	800-662-HELP (800-662-4357) TTY: 800-487-4889
Suicide Prevention Lifeline	800-273-TALK (800-273-8255) TTY: 800-799-4889
Disaster Distress Helpline	800-985-5990 TTY: 800-846-8517 Text TalkWithUs to 66746
Drug-Free Workplace Helpline	1-800-WORKPLACE (967-5752)

Resources in San Diego County

Behavioral Health Services Division
Health and Human Services Agency
County of San Diego
1600 Pacific Highway, Room 206
San Diego, CA 92101
619-563-2700

If you have a Behavioral Health emergency, please call 9-1-1.

To access referrals or call the Crisis Line, phone 1-888-724-7240.

http://www.sandiegocounty.gov/hhsa/programs/bhs/alcohol_drug_services/

- Alcohol and Other Drug (AOD) Programs
AOD provides an integrated system of community-based alcohol and other drug prevention, intervention, treatment, and recovery services throughout San Diego County via contracts with local service providers.

Resources in Orange County

Behavioral Health Services
OC Health Care Agency
405 W. Fifth Street
Santa Ana, CA 92701
<http://ohealthinfo.com/bhs>

The OC Health Care Agency's Behavioral Health Services include children and adult mental health, alcohol and drug inpatient and outpatient, crisis programs, and prevention and early intervention services. Callers can be potential participants, family members, friends or anyone seeking out resources, or providers seeking information about Behavioral Health programs and services. Trained Navigators provide information, referral, and linkage directly to programs that meet the needs of callers.

If you would like to learn more about services available through Behavioral Health Services, please call (855) OC-LINKS or 855-625-4657 between the hours of 8 am - 6 pm to be connected to a Behavioral Health Navigator, or click on the OC Links Chat icon during open chat hours. TDD Number: 714-834-2332.

For Alcohol & Drug Prevention – Community Projects (ADEPT) available in Orange County:
<http://ohealthinfo.com/phs/services/healthlive/adpcp>

For Alcohol & Drug Abuse Outpatient Clinics:
http://ohealthinfo.com/bhs/about/adult_and_older_adult_behavioral_health_services/clinics

As an institution of higher education, Healing Hands School of Holistic Health complies with the Drug-Free Schools and Campuses Regulations of 1989 and the Drug-Free Workplace Act of 1988 which state that “as a condition of receiving funds or any other form of financial assistance under any federal program, an institution of higher education must certify that it has adopted and implemented a program to prevent the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees.” In accordance with the regulation, notice of school’s Alcohol and Drug Prevention Program, published on the school website (<https://hhs.edu/>), is emailed annually to enrolled students and employees and a paper copy is available upon request. The school provides a paper copy to all new students or employees.