



## **YTI Career Institute**

# **Alcohol and Drug Abuse Awareness**

**2022-23**

**Risks and Effects of Drug and Alcohol  
Abuse**

**Signs of Substance Abuse**

**Resources for Substance Abuse**

**Prevention and Treatment**

**Federal Student Financial Aid and Drug  
Convictions**

**Legal Sanctions for Possession and  
Trafficking**

**Drug Free Workplace Statement**

## **ALCOHOL AND DRUG ABUSE AWARENESS POLICY**

We at YTI Career Institute have made a commitment to our students to prepare them for a long and successful professional career. YTI Career Institute, as a result of these responsibilities, has a compelling obligation to eliminate illegal drug use from the school. We intend to honor this obligation in the following manner:

1. Imposing an absolute prohibition on the unlawful distribution, dispensation, possession, or use of a controlled substance or alcohol by any student or employee of YTI Career Institute on school property or as a part of any school activity.
2. Making available to all students and employees information concerning the health hazards involved with alcohol and drug abuse.
3. Making available to all students and employees information concerning the legal sanctions involved with the illegal use of drugs and alcohol.
4. Making available to all students and employees information concerning drug and alcohol counseling and rehabilitation services.

The use, possession, sale or the furnishing of alcohol at YTI Career Institute is prohibited. Laws regarding the use, possession, sale or the furnishing of alcohol on YTI Career Institute grounds is controlled by the PA Liquor Control Board. However, the enforcement of alcohol laws on-campus is the responsibility of YTI Career Institute personnel and local authorities. YTI Career Institute has been designated "drug free." The sale, manufacture or distribution of any controlled substance is illegal under both state and federal laws. Such laws are strictly enforced. Violators are subject to YTI Career Institute disciplinary actions and full criminal prosecution.

### **Prevention and resource programs:**

YTI recognizes that a wide range of problems not directly associated with one's academic pursuits can have an adverse effect on a student's classroom performance and behavior. Many problems can be successfully treated if identified early, and a referral is made to those skilled in dealing with them, whether the problem is one of physical illness, mental or emotional stress, finances, alcoholism, drug abuse, marital/family stress, legal problems, or other difficulties. YTI maintains a contractual relationship with WellSpan Health Services to provide students with such assistance.

Members of the Student Services Department are available to meet with students who wish to take advantage of WellSpan services. Likewise, members of the faculty and staff are encouraged to provide referrals for students whom they perceive to be at risk or in need of assistance. Referrals and subsequent support for emotional or personal counseling are strictly confidential. No information is released to YTI. Access to WellSpan is provided free of charge to enrolled YTI students for three sessions. Additional sessions may be available with the cost the responsibility of the individual.

### **Where to go if you or someone you know needs help -Altoona**

#### **Alcoholics Anonymous**

**814-946-9002**

A mutual support self-help group for people who desire to stop drinking. There are group meetings at various locations on a daily basis. Call for a specific time and place.

#### **Altoona Hospital Mental Health and Drug and Alcohol Services**

**814-946-2141**

#### **Al-Anon & Alateen**

**1-888-425-2666**

<http://www.pa-al-anon.org/meetings>

A service for anyone whose personal life is or has been affected by close contact with a problem drinker. There are group meetings at various locations. Visit the site listed above for more details

#### **Laurel Mountain Highlands Area of Narcotics Anonymous**

**1-800-494-3414**

A fellowship of men and women for whom drugs have become a problem. Recovering addicts meet regularly to help each other stay clean. Meeting times and locations vary. Call for a specific time and place.

#### **Altoona Regional Health System Crisis Center**

**814-889-2279**

The Crisis Center is a 24-hour telephone managed center that offers confidential and easy access to the mental health services and drug and/or alcohol services that are offered by county contracted treatment providers.

#### **CONTACT Altoona**

**814-946-9050**

CONTACT Altoona is a telephone helpline providing listening, reassurance, crisis intervention and information & referral services to the community. Telephones are staffed 365 days a year by trained volunteers. All services are free and confidential.

#### **Family Services, Inc.**

**814-944-3583**

Family Services improves the quality of life for individuals, families, and communities by providing cost efficient and effective care programs that contribute to healthier relationships.

## **Where to go if you or someone you know needs help - Lancaster**

**United Way – LINC**

**717-291-LINC**

### **WellSpan Student Assistance Program – Lancaster**

**800-673-2514**

Professional, confidential assistance for issues concerning relationships, depression, stress, conflict, drugs & alcohol, grief, and health. YTI Students are entitled to up to 3 hours of free assistance.

### **Alcoholics Anonymous – Lancaster**

**717-394-3238**

A mutual support self-help group for people who desire to stop drinking. There are group meetings at various locations on a daily basis. Call for a specific time and place.

### **Al-Anon Family Groups (AFG)**

**1-877-298-5027**

A service for anyone whose personal life is or has been affected by close contact with a problem drinker. There are group meetings at various locations. Call for a specific time and place.

### **Narcotics Anonymous**

**717-393-4546**

A fellowship of men and women for whom drugs have become a problem. Recovering addicts meet regularly to help each other stay clean. Meeting times and locations vary. Call for a specific time and place.

### **Drug & Alcohol Commission**

**717-299-8023**

Provides treatment, prevention and education to the Lancaster County community. Also provides referrals for assessments.

### **Crisis Intervention - Lancaster**

**717-394-2631**

Telephone or face-to-face counseling for persons experience emotional/psychiatric crisis.

### **Sexual Assault Prevention and Counseling Center**

**717-392-7273**

## **Where to go if you or someone you know needs help - York**

### **F.I.R.S.T. (Free Information & Referral System Teleline)**

**717-755-1000**

Information referral and follow-up designed to link people in need with the appropriate agency or service best equipped to alleviate that need.

### **WellSpan Student Assistance Program**

**800-673-2514**

Professional, confidential assistance for issues concerning relationships, depression, stress, conflict, drugs & alcohol, grief, and health. YTI Students are entitled to up to 3 hours of free assistance.

### **Alcoholics Anonymous – York**

**717-854-4617**

A mutual support self-help group for people who desire to stop drinking. There are group meetings at various locations on a daily basis. Call for a specific time and place.

### **Al-Anon Family Groups (AFG)**

**888-4AL-ANON**

A service for anyone whose personal life is or has been affected by close contact with a problem drinker. There are group meetings at various locations. Call for a specific time and place.

### **Narcotics Anonymous**

**717-848-9988**

A fellowship of men and women for whom drugs have become a problem. Recovering addicts meet regularly to help each other stay clean. Meeting times and locations vary. Call for a specific time and place.

### **Nar-Anon**

**800-477-6291**

Hosted by the Asbury United Methodist Church, this group provides support to family and friends of people addicted to drugs.

### **York/Adams Drug & Alcohol Commission**

**717-771-9222**

### **YWCA of York/Victim Assistance Center**

**717-845-2631**

### **Crisis Intervention - York**

**800-673-2496**

Telephone or face-to-face counseling for persons experience emotional/psychiatric crisis. Emergency substance abuse evaluations and referrals to the appropriate level of care.

## **Toll-free national information:**

**American Council on Alcoholism Help-line**

**1-800-527-5344**

**Cocaine Hotline**

**1-800-COCAINE**

**National Council on Alcoholism**

**1-800-NCA-CALL**

**National Institute on Drug Abuse Hotline**

**1-800-662-HELP**

**National Suicide Prevention Hotline**

**1-800-273-8255**

**National Sexual Assault Hotline**

**1-800-656-HOPE**

## **On-campus prohibition of alcohol or drugs:**

### **Students**

Possession or use of drugs or alcohol on school premises will make the student subject to dismissal.

### **Employees**

As a condition of employment, employees will notify the school of any criminal drug statute conviction for a violation occurring in the workplace no later than five days after such conviction.

Within 30 days of the employee notification of the first such conviction, the school will either terminate the employee or require written documentation from the employee that he/she has entered a rehabilitation program. A second conviction will result in termination.

## **THE FACTS ABOUT DRUGS**

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### **ALCOHOL**

May provide a feeling of confidence and being in control. Those likely to be addicted may have an enzyme deficiency that allows them a high rate of consumption without drunkenness, encouraging a belief that since one doesn't get obviously drunk, no harm is done. The tolerance is only on the surface. Liver, brain, heart, and stomach destruction goes on even without apparent symptoms. Over time, beer, wine, and wine coolers, as well as hard alcohol, often cause dependency and may be fatal.

### **MARIJUANA**

Use of marijuana may impair or reduce short-term memory and comprehension, alter sense of time, and reduce ability to perform tasks requiring concentration and coordination, such as driving a car. Research shows that knowledge retention may be lower when information is given while the person is "high." Motivation and cognition are altered, making the acquisition of new information difficult. Marijuana can also produce paranoia and psychosis. The tar in marijuana smoke is a highly irritating carcinogenic. Long-term use may develop psychological dependence.

### **COCAINE**

Chronic use can cause ulceration of the mucous membrane in the nose. Cocaine can produce psychological dependency, a feeling that the user cannot function without the drug.

Crack or free-base rock, a concentrated form of cocaine, is extremely potent. Its effects are felt within ten seconds of administration. Physical effects include dilated pupils, increased pulse rate, elevated blood pressure, and insomnia, loss of appetite, tactile hallucinations, paranoia, and seizures.

Cocaine use may lead to death through disruption of the brain's control of heart and respiration.

### **AMPHETAMINES AND OTHER STIMULANTS**

Stimulants can cause increased heart and respiratory rates, elevated blood pressure, dilated pupils, and decreased appetite. In addition, users may perspire, experience headache, blurred vision, dizziness, sleeplessness, and anxiety. Extremely high doses can cause rapid or irregular heartbeat, tremors, loss of coordination, and even physical collapse. An amphetamine injection creates a sudden increase in blood pressure that can result in stroke, very high fever, or heart failure.

In addition to the physical effects, users report feeling restless, anxious, and moody. Higher doses intensify the effects. Persons who use large amounts of amphetamines over a long period of time can develop an amphetamine psychosis that includes hallucination, delusions, and paranoia.

### **NARCOTICS (INCLUDING: HEROIN,**

### **DEPRESSANTS**

The use of depressants can cause both physical and psychological dependence. Regular use over time may result in tolerance to the drug, leading the user to increase the quantity consumed.

Very large doses can cause respiratory depression, coma, and death. The combination of depressants and alcohol can increase the effects of the drugs, thereby multiplying the risks.

When regular users stop taking depressant drugs, they may develop withdrawal symptoms ranging from restlessness, insomnia, and anxiety to convulsions and death.

Babies born to mothers who abuse depressants during pregnancy may be physically dependent on the drugs and show withdrawal symptoms shortly after they are born. Birth defects and behavioral problems have been associated with these children.

### **HALLUCINOGENS**

Chronic users of PCP report persistent memory problems and speech difficulties. Mood disorders (depression, anxiety, and violent behavior) also occur. In later stages, chronic users often exhibit paranoid and violent behavior and experience hallucinations. Large doses of PCP may produce convulsions, coma, heart and lung failure, or ruptured blood vessels in the brain.

Lysergic acid (LSD), mescaline, and psilocybin cause illusions and hallucinations. The physical effects may include dizziness, weakness, tremor, nausea, and drowsiness.

Sensations and feelings may change rapidly. It is common to have a bad psychological reaction to LSD, mescaline, and psilocybin. The user may experience panic, confusion, suspicion, anxiety, and loss of control. Delayed effects, or flashbacks, can occur even after the use has ceased.

### **DESIGNER DRUGS**

Underground chemists modify the molecular structure of certain illegal drugs to produce analogs known as designer drugs. These drugs can be hundreds of times stronger than the drugs that they are designed to imitate.

The narcotic analogs can cause symptoms such as those seen in Parkinson's disease; uncontrollable tremors, drooling, impaired speech, paralysis, and irreversible brain damage. Analogs of amphetamines and methamphetamines cause nausea, blurred vision, chills or perspiration, and faintness. Psychological effects include anxiety, depression, and paranoia. As little as one dose can cause brain damage. The analogs of phencyclidine cause illusions, hallucinations, and impaired perception.

## **MEHADONE, MORPHONE, OPIUM, AND CODEINE)**

Tolerance to narcotics develops rapidly and dependence is likely. The use of unsterilized syringes may result in transmission of diseases such as AIDS, endocarditis, and hepatitis. Addiction in pregnant women can lead to premature, stillborn, or addicted infants.

An overdose may produce slow and shallow breathing, clammy skin, convulsions, coma, and death.

## Effects on Your Life

Substance abuse and addiction can seriously affect one's life in school, at work, and in relationships.

- **Poor school performance.** Studies show that grades go down as alcohol consumption increases. The average student who has one drink a day earns a GPA of only a C-level. Greater usage is associated with failing grades. 30% of academic problems on college campuses stem from alcohol misuse. Marijuana use is associated with a higher likelihood of dropping out from school, and heavy marijuana users report less academic and career success compared to their peers who came from similar backgrounds.
- **Poor work performance.** People with substance abuse problems miss more work days, are less productive, have more problems with their bosses, and make more mistakes—including on-the-job injuries. Several studies also associate workers' marijuana smoking with increased absences, tardiness, accidents, workers' compensation claims, and job turnover.
- **Relationship trouble.** Substance abuse puts a strain on relationships. Problem drinkers tend to change social circles often and are unable to maintain long term friendships. They alienate themselves from others to hide their excessive consumption. Heavy marijuana users report lower life satisfaction and higher relationship problems compared to their peers who came from similar backgrounds.
- **Personality changes.** Drastic personality changes can result from drinking or using drugs. A normally quiet person may become boisterous or obnoxious, even violent, under the influence of alcohol and other drugs. Marijuana has been linked to "amotivational syndrome" in which people lose interest in their jobs, friends, and lives, and has the potential to cause problems in daily life or make a person's existing problems worse. Drugs such as cocaine, amphetamines, and LSD can cause psychosis.

Sources for the information about risks and effects of drugs and alcohol are:

- National Institute on Drug Abuse, National Institutes of Health, Department of Health and Human Services
- Bowles Center for Alcohol Studies, University of North Carolina

## Signs of an Alcohol or Drug Problem

Many people don't realize that young people can have a drinking or drug problem. This list was developed at Johns Hopkins University to help people assess whether they have a substance abuse problem. Ask yourself these 20 questions:

1. Do you lose time from work or school due to your drinking or drug use?
2. Is drinking or drug use making your home life unhappy?
3. Do you drink or use drugs because you are shy with other people?
4. Is drinking or using drugs affecting your reputation?
5. Have you ever felt remorse after drinking or drug use?
6. Have you gotten into financial difficulties as a result of your drinking or drug use?
7. Do you turn to lower companions and an inferior environment when drinking or using drugs?
8. Does your drinking or using drugs make you careless of your family's welfare?
9. Has your ambition decreased since drinking or using drugs?
10. Do you crave a drink or drugs at a definite time daily?
11. Do you want a drink or drugs the next morning?
12. Does drinking or drug use cause you to have difficulty in sleeping?
13. Has your efficiency decreased since drinking or using drugs?
14. Is drinking or using drugs jeopardizing your job or continued enrollment in school?
15. Do you drink or use drugs to escape from worries or troubles?
16. Do you drink or use drugs alone?
17. Have you ever had a complete loss of memory as a result of your drinking or drug use?
18. Has your physician ever treated you for drinking or drug use?
19. Do you drink or use drugs to build up your self-confidence?
20. Have you ever been in a hospital or institution on account of drinking or drug use?

If you answered yes to some of these questions, you have some of the symptoms that indicate a problem with alcohol or drugs. Remember, there is no intelligent reason to deny that you have a health problem. If you think you do have a problem, the most important thing is to do something about it!

# LEGAL SANCTIONS

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## I. LEGAL SANCTIONS

The following is a brief review of the legal sanctions under local, state, and federal law for the unlawful possession or distribution of illicit drugs and alcohol:

### A. DRUGS

The Controlled Substance, Drug, Device and Cosmetic Act, 35 Pa. C.S.A. 780-101 et seq., sets up five schedules of controlled substances based on dangerousness and medical uses. It prohibits the manufacture, distribution, sale or acquisition by misrepresentation or forgery of controlled substances except in accordance with the Act as well as the knowing possession of controlled substances unlawfully acquired. Penalties for first-time violators of the Act range from thirty days imprisonment, \$500 fine, or both for possession or distribution of a small amount of marijuana of hashish, not for sale, to fifteen years or \$250,000 or both for the manufacture or delivery of a Schedule I or II narcotic. A person over eighteen years of age who is convicted for violating The Controlled Substance, Drug, Device and Cosmetic Act, shall be sentenced to a minimum of at least one year total confinement if the delivery or possession with intent to deliver of the controlled substance was to a minor. If the offense is committed within 1,000 feet of the real property on which a university is located, the person shall be sentenced to an additional minimum sentence of at least two years total confinement.

The Pharmacy Act of 1961, 63 Pa. C.S.A. 390-8 makes it unlawful to procure or attempt to procure drugs by fraud, deceit, misrepresentation or subterfuge or by forgery or alteration of a prescription. The first offense is a misdemeanor, with a maximum penalty of one year's imprisonment, a \$5,000 fine, or both.

The Vehicle Code, 75 PA, C.S.A. 3101 et seq., which was amended effective July 1, 1977, prohibits driving under the influence of alcohol or a controlled substance, or both, if the driver thereby is rendered incapable of safe driving. A police officer is empowered to arrest without a warrant any person whom he or she has probable cause to believe has committed a violation, even though the officer may not have been present when the violation was committed. A person so arrested is deemed to have consented to a test of breath or blood for the purpose of determining alcoholic content, and if a violation is found it carries the penalties of a misdemeanor of the second degree, which includes imprisonment for a maximum of thirty days.

The Federal drug laws, The Controlled Substances Act, 21 U.S.C. 801 et seq., are similar to the Pennsylvania Controlled Substance, Drug, Device, and Cosmetic Act, but contain, for the most part, more severe penalties. Schedules of controlled substance are established, and it is made unlawful knowingly or intentionally to manufacture, distribute, dispense, or possess with intent to distribute or dispense a controlled substance. If the quantity of controlled substance is large (e.g. 1,000 kg of a mixture or substance containing marijuana), the maximum penalties are life imprisonment, a \$4,000,000 fine, or both. Lesser quantities of controlled substance (e.g. 100 kg of a mixture or substance containing marijuana) result in maximum penalties of life imprisonment, a \$2,000,000 fine, or both. The distribution of small amounts of marijuana for no remuneration or simple possession of a controlled substance carries a maximum of one year's imprisonment, a \$5,000 fine, or both, with the penalties for the first offenders. Distribution to persons under the age of twenty-one by persons eighteen or older carries double or triple penalties. Double penalties also apply to the distribution or manufacture of a controlled substance in or on or within 1,000 feet of the property of a school or college.

Students, who have been convicted under state or federal law involving the possession or sale of a controlled substance, are ineligible for federal student aid for specific periods (ranging from one year to an indefinite period depending on the nature of the offense and whether the student is a repeat offender).

## B. ALCOHOL

The Pennsylvania Liquor Code, 47 Pa., C.S.A., 1-101 et seq., controls the possession and sale of alcoholic beverages within the Commonwealth. The Code as well as portions of the Pennsylvania Statutes pertaining to crimes and offenses involving minors, 18 Pa., C.S.A. 6307 et seq., provide the following:

It is a summary offense for a person under the age of twenty-one to attempt to purchase, consume, possess or knowingly and intentionally transport any liquor or malt or brewed beverages. Penalty for a first offense is suspension of driving privileges for 90 days, a fine up to \$300 and imprisonment for up to 90 days; for a second offense, suspension of driving privileges for one year, a fine up to \$500, and imprisonment for up to one year; for subsequent offense, suspension of driving privileges for two years, a fine up to \$500 and imprisonment for up to one year. Multiple sentences involving suspension of driving privileges must be served consecutively.

It is a crime intentionally and knowingly to sell or intentionally and knowingly to furnish or to purchase with the intent to sell or furnish, any liquor or malt or brewed beverages to any minor (under the age of twenty-one). "Furnish" means to supply, give or provide to, or allow a minor to possess on premises or property owned or controlled by the person charged. Penalty for a first violation is \$1,000; \$2,500 for each subsequent violation; imprisonment for up to one year for any violation.

It is a crime for any person under twenty-one years of age to possess an identification card falsely identifying that person as being twenty-one years of age or older, or to obtain or attempt to obtain liquor or malt or brewed beverages by using false identification card. Penalties are stated in (2) above.

It is a crime intentionally, knowingly or recklessly to manufacture, make, alter, sell or attempt to sell an identification card falsely representing the identify, birth date, or age of another. Minimum fine is \$1,000 for first violation; \$2,500 for subsequent violations; imprisonment for up to one year for any violation.

It is a crime to misrepresent one's age knowingly and falsely to obtain liquor or malt or brewed beverages. Penalties are a stated in (1) above.

It is a crime knowingly, willfully and falsely to represent that another is of legal age to obtain liquor or malt or brewed beverages. Penalty is a minimum fine of \$300 and imprisonment for up to one year.

It is a crime to hire, request or induce any minor to purchase liquor or malt or brewed beverages. Penalty is a minimum fine of \$300 and imprisonment for up to one year.

Sales without a license or purchases from an unlicensed source of liquor or malt or brewed beverages are prohibited.

It is unlawful to possess or transport liquor or alcohol within the Commonwealth unless it has been purchased from a State Store or in accordance with Liquor Control Board regulations. The School will cooperate with the appropriate law enforcement authorities for violations of any of the above-mentioned laws by an employee in the workplace or student.

The use in any advertisement of alcoholic beverages of any subject matter, language or slogan directed to minors to promote consumption of alcoholic beverages is prohibited.

No advertising of alcoholic beverages shall be permitted, either directly or indirectly, in any booklet, publication, published by, for, or on behalf of any educational institution.

For more information, visit: [www.drugabuse.gov](http://www.drugabuse.gov) or [www.samhsa.gov](http://www.samhsa.gov).

## Drug-Free School and Workplace Statement

YTI Career Institute (YTI) promulgates this statement to notify its employees and students that, because it is and wishes to remain a Federal grantee, it is YTI's policy to maintain a drug-free workplace and school. All employees and students are hereby notified that the unlawful manufacture, distribution, possession or use of alcohol, illegal drugs (see footnote), or any controlled substance is prohibited at YTI Career Institute locations or as any part of the school's activities. As a condition of employment or attendance at YTI, every employee and student must:

1. Abide by the terms of this statement; and
2. Notify the Director of any criminal drug statute conviction for a violation occurring at the school or workplace no later than five days after such conviction.

Upon such notification, YTI must notify the U.S. Department of Education within ten days and take one or more of the following actions with respect to any student or employee so convicted:

1. Take appropriate action up to and including dismissal or termination of employment; and/or
2. Require such employee or student to participate satisfactorily in drug abuse assistance or rehabilitation program approved for such purpose by a federal, state or local health, law enforcement or other appropriate agency.

In addition to making a good faith effort to maintain a drug-free school and workplace through implementation of all of the above, YTI will establish and maintain a drug and alcohol abuse awareness program to inform and educate students and employees about:

1. YTI Career Institute's policy of maintaining a drug-free workplace and school;
2. Information on preventing drug and alcohol abuse, including:
3. A description of sanctions under local, state and federal law for unlawful possession, use or distribution of illicit drugs and alcohol
4. Any available drug/alcohol counseling, treatment, rehabilitation, or EAP programs;
5. A description of the health risks associated with the use of illicit drugs or alcohol; and
6. The penalties that may be imposed upon employees from drug abuse violations occurring in the workplace.

For purposes of this statement, the site for performance of work done in connection with the grant, and thus the drug-free school and workplace, consists of the following locations. ("Locations" is defined as all of the areas enclosed by the exterior walls and roofs of the buildings, all of the grounds and parking lots enclosed by the boundaries of the premises, and all of the air space above the buildings or premises.)

Campus Locations at	While attending class at Instructional Locations
• 3200 Pleasant Valley Blvd., Altoona PA	• 7404 Alpine Lane, Glen Rock PA
• 3050 Hempland Road., Lancaster PA	• 4880 N. Sherman Street, Mt. Wolf, PA
• 1405 Williams Road, York PA	• White Oak Farm, Windsor PA 17366

**FOOTNOTE:** Illegal drugs include, but are not limited to, the following non-prescription substances:

Narcotics: opium, heroin, morphine and synthetic substitutes  
Depressants: chloral hydrate, barbiturates and methaqualone  
Stimulants: cocaine (and derivatives such as crack) and amphetamines  
Hallucinogens: LSD, mescaline, PCP, peyote, psilocybin and MDMA  
Cannabis: marijuana and hashish