DRUGS & ALCOHOL 101

(Parent Resource)

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Drugs and Alcohol 101

Parent Resource

ADDICTION

What is it by definition?

- **Addiction** is an uncontrollable compulsion to repeat a behavior regardless of its negative consequences.

What can you be addicted to?

- **Drugs/Alcohol**
- **Gambling**
- **Internet/phones/texting/social sites/gaming**
- **Sexual (pornography)**
- **Food**
- **Others**

So what are the negative consequences of each?

Drug addictions:

Relationships	Family	School
Finances	Legal	Work
Health		

Gambling:

Finances	Family	Relationships
Legal	Work	

Internet/electronics:

Relationships	Time mgmt	Work
Family	Communication	

Sexual (including pornography):

Relationships	Family	Finances
Legal	Time	

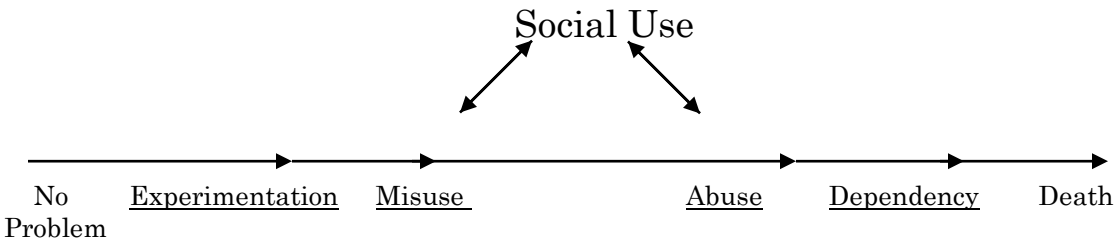
Food:

Obesity	Health	Relationships

How we get addicted?

STAGES of ADDICTION

The Disease Progression: A Visual Continuum



"Tried It" **"Liked It"** **"Want It"** **"Need It"**

Who can get addicted?

- Anyone! Addictions truly do not discriminate, especially with drugs and alcohol.

- It is not a character flaw!

- In fact, 97% of alcoholics are employed

- Some reasons why?

    - Predisposed because of family history
    - Family use and/or positive attitudes towards drugs
    - Addictive personalities or tendencies
    - Competitiveness (athletes or military)
        - Need for the 'adrenalin rush'

Research has not found any single cause for dependence. A combination of physiological (consistent with the normal functioning of an organism), psychological (mental or emotional state), and sociological (cultural and environmental) factors usually converge for a given person to become dependent.

Why do we get addicted?

- The central nervous system (CNS) acts as a switchboard or computer and sends messages to the appropriate system of the body: muscular, skeletal, circulatory, nervous, respiration, digestive, etc.

- The gateway to the central nervous system is something called the blood-brain barrier. This blocks certain substances such as toxins, viruses, certain neurotransmitters, and bacteria from the CNS.

- Drugs cross this barrier and stimulates or inhibits these neurotransmitters and releases them into the CNS.

- Adrenalin, Serotonin, Endorphins, and Dopamine are natural neurotransmitters that the body uses when scared or in athletic competition for example. These are good things, but certain drugs cause these chemicals to be improperly released or inhibit them from entering into the CNS.

- For example:

    - Stimulants – forces the release of **large amounts** of dopamine and ephedrine creating stimulating and exaggerating messages to and from the CNS, many times until they are depleted.

    - Downers - inhibits the release of certain chemicals and helps block the neurotransmitters that would signal pain by dulling or weakening the signal.

    - Psychedelics – stimulates neurotransmitters, but also confuses them, exaggerating some messages, distorting others, and even creates imaginary one, particularly visual and auditory images.

    - **So after the use of these drugs, the body adapts to the various chemicals and it becomes tolerant of the drug, which in turn results in the user having to take more in order to get the same high.**

    - **Potentially, this can lead to addiction.**

How Drugs get into the Body

a. **Inhaling (7-10 seconds)** The substance enters the lungs and is rapidly absorbed through the tiny blood vessels lining the air sacs of the bronchi. From the lungs, the drug-laden blood is pumped back to the heart and then directly to the body and the brain.

b. **Injecting (15-30 seconds when entered through the vein)** Drugs may be injected into the bloodstream intravenously (IV) or "slamming" into the muscle.

c. **Snorting and mucosal exposure (3-5 minutes)** Usually the drug is absorbed through the nose and absorbed by the tiny blood vessels in the mucous membranes lining of the nasal passages.

d. **Contact (3-5 minutes)** Liquid LSD has been dropped into the eye where it is rapidly absorbed into the brain. Other drugs such as nicotine or clonodine are applied through the skin from a patch where the drug is released over a long period of time. Morphine suppositories are used for terminally ill patients too weak for injection or oral doses of painkillers.

e. **Orally (20-30 minutes)** The drug passes through the esophagus and the stomach to the small intestines where it is absorbed into the tiny blood vessels lining the walls. Drugs taken this way have to pass through mouth enzymes and stomach acids before they can get to the brain.

Categories of Drugs and their Affects

- **Stimulants (Uppers)**
  - Cocaine, amphetamines, methamphetamines, crack cocaine, caffeine, nicotine
    - Rapid heart beat
    - Lack of sleep
    - Irritability
    - Increased blood pressure
    - Panic attacks

- **Depressants (Downers)**
  - Opium (Codeine, morphine), Heroin, Vicodin, Percodan,
  - Barbiturates
  - Alcohol
    - Slows heart rate
    - Loss of motor skills
    - Slurred speech
    - Hypnotic effect

- **Hallucinogens (psychedelics)**
  - LSD, mushrooms, STP, MDA or MDMA (ecstasy), Marijuana, Salvia
    - Distorted perception
    - Lowers inhibitions
    - Delusions
    - Hallucinations
    - Brain damage
    - Date rape (ecstasy, MDA)

- **Inhalants**
  - Nail polish, hair spray, varnish, model glue, petroleum products, household cleaners
    - Inability to think clearly
    - Violent behavior
    - Clumsiness
    - Impaired vision

Headaches/nausea
Drowsiness

Specific Drug Information

Information provided by:

Above the Influence

http://www.abovetheinfluence.com/facts/

Alcohol Facts (Booze)

Street Terms: Booze, brews, hard stuff, hooch, juice, sauce, and more.

What is It?

Alcohol is created when grains, fruits, or vegetables are fermented, a process that uses yeast or bacteria to change the sugars in the food into alcohol. Alcohol has different forms and can be used as a cleaner or antiseptic; however the kind of alcohol that people drink is ethanol, which is a sedative. When alcohol is consumed, it's absorbed into a person's bloodstream. From there, it affects the central nervous system (the brain and spinal cord), which controls virtually all body functions. Alcohol actually blocks some of the messages trying to get to the brain. This alters a person's perceptions, emotions, movement, vision, and hearing.

Risks

Difficulty walking / Blurred vision / Slurred speech / Slowed reaction times / Impaired memory and blackouts / Mental confusion / Paralysis of the nerves that move the eyes / Difficulty with muscle coordination / Persistent learning and memory problems / Liver disease / Unintentional injuries / HIV risk due to impaired judgment

Alcohol poisoning, which includes the following: Mental confusion, stupor, coma, or person cannot be roused / Vomiting / Seizures / Slow breathing (fewer than eight breaths per minute) / Irregular breathing (10 seconds or more between breaths) / Hypothermia (low body temperature), bluish skin color, paleness / Heart beats irregularly or stops / Hypoglycemia (too little blood sugar), which leads to seizures / Untreated severe dehydration from vomiting, which can cause seizures.

Marijuana Facts (Pot, Weed)

Street Terms: Grass, pot, weed, bud, Mary Jane, dope, indo, hydro, ganga

What is It?

Marijuana is a green, brown, or gray mixture of dried, shredded leaves, stems, seeds, and flowers of the hemp plant. Marijuana has a chemical in it called tetrahydrocannabinol, better known as THC. All forms of marijuana are mind-altering (psychoactive). In other words, they change how the brain works. A lot of other chemicals are found in marijuana, too — about 400 of them, some of which are carcinogenic. Marijuana is addictive with more teens in treatment with a primary diagnosis of marijuana dependence than for all other illicit drugs combined.

Using marijuana can also lead to disturbed perceptions and thoughts, and marijuana use can worsen psychotic symptoms in people who have schizophrenia.

Additionally, there are higher rates of depression, anxiety, and suicidal thinking among people who use marijuana when compared to people who don't use. Teens who started using marijuana before age 15 are more likely to suffer from anxiety and depression in early adulthood. A new study shows that smoking marijuana is associated with a 40% increase risk of psychosis, and the risk is greater among regular and frequent users.

Risks

Impaired judgment and motor coordination / Shortened attention span and distractibility / Anxiety and panic attacks /Increased heart rate / Increased risk of heart attack / Increased risk for schizophrenia in vulnerable individuals / Impaired judgment / Problems with memory and learning / Lowered motivation / Decreased alertness and coordination / Addiction / Withdrawal symptoms from stopping drug use (in a chronic user): irritability, sleeplessness, anxiety, impaired appetite, and aggression.

Tobacco Facts (Cigs, Dip)

Street Terms: Butts, chew, dip, coffin nails, cancer sticks

What is It?

Tobacco use is the leading preventable cause of disease, disability, and death in the United States. Between 1964 and 2004, cigarette smoking caused an estimated 12 million deaths, including 4.1 million deaths from cancer, and 5.5 million deaths from cardiovascular diseases.

When smoking tobacco, the user inhales tar, nicotine, carbon monoxide, and 200 known poisons into the lungs. The nicotine in cigarettes is powerfully addictive.

All forms of tobacco, including cigars, pipe tobacco, snuff, and chewing tobacco, contain the addictive drug nicotine and can also cause cancer.

Like cocaine, heroin, and marijuana, nicotine increases levels of the neurotransmitter dopamine, which affects the brain pathways that control reward and pleasure. For many tobacco users, long-term brain changes induced by continued nicotine exposure result in addiction — a condition of compulsive drug seeking and use, even in the face of negative consequences.

Risks

Shortness of breath and dizziness / Lung diseases such as chronic bronchitis and emphysema / Heart disease, including stroke, heart attack, vascular disease, and aneurysm (burst blood vessel)/ Lung, mouth, throat, bladder, pancreas and kidney cancer / Dry skin and premature wrinkles

Prescription Drug Facts (Rx)

Street Terms: Xbrs or Xanibars (Xanax),Vic (Vicodin), skittles, Trail Mix, Pharm Party, parachuting, smurf snot, smurf coke, and more.

Commonly abused prescription drugs. (Street terms often include clinical names) Opioids: oxycodone (OxyContin), propoxyphene (Darvon), hydrocodone

What is It?

Prescription drugs are medicines that are prescribed to a patient by a doctor to manage pain, treat or cure a health condition such as pain, mental disease, diabetes, cancer, or common infections. These drugs are regulated by the Food and Drug Administration (FDA) and are shown to have medical benefits when prescribed and taken exactly as directed by a health provider. For people who are suffering, these drugs allow them to control their symptoms, cure or treat their diseases, control pain, or fight an infection. **However, these medicines are only safe when taken exactly as directed by a doctor, healthcare provider, or as indicated on the packaging. This includes following directions on dosages, how often to take these drugs, and never taking any drug that is not prescribed for you.**

Taking prescription drugs that are not prescribed to you - or taking them in any way other than directed by a doctor — is considered non-medical use or abuse and can be as dangerous as taking an illegal drug, such as cocaine or heroin. "Misuse" of a prescription drug is taking it to treat a medical condition but not as directed by a doctor or packaging; "abuse" is taking prescription drugs with the sole intention of getting high. **When misused or abused, many prescription drugs can be as dangerous and addictive as "street" drugs.** In recent years, there has been a dramatic increase in the number of poisonings and even deaths associated with the abuse and misuse of prescription drugs, including prescription painkillers and anti-depressants.

In other words, **even if a medication is prescribed to you, taking larger doses than prescribed, taking it more often than directed, or using it in a way that it is not intended, is abuse** and can also lead to severe health consequences and addiction. Between 1995 and 2005, treatment admissions for dependence on prescription pain relievers such as oxycodone (OxyContin) and hydrocodone/acetaminophen (Vicodin) grew more than 300 percent.

Taking prescription drugs without a prescription, not taking them as directed, or mixing them with alcohol are all unsafe and potentially deadly. A 2008 study based on 224,355 U.S. death certificates for which people died from medication errors showed that **there was a 3,196 percent increase between 1983 and 2004 in deaths at home from combining prescription drugs with alcohol and/or street drugs.**

It's Illegal

Additionally, getting prescription drugs without a prescription, called "diversion" is illegal and may put you at risk for arrest and prosecution. Regardless of how you acquire a prescription medication, using these types of drugs without a valid prescription — written for *you* — is unsafe and illegal.

Risks

Narcotics

- Restlessness, Nausea, Dizziness, Confusion, Respiratory depression, Scars (tracks) caused by injections, Loss of appetite, Cough, Lethargy, Tolerance, Addiction, Unconsciousness
- Withdrawal affects
    - Watery eyes, Runny nose, Cramps, Loss of appetite, Irritability, Nausea, Tremors, Panic, Chills, Sweating
- Overdose
    - Slow, shallow breathing, Clammy skin, Convulsions, Respiratory depression and arrest (stop breathing), Coma, Death

Depressants

- Intoxication similar to alcohol, Slurred speech, Impaired memory and judgment, Loss of motor coordination, Respiratory depression, Staggering or stumbling, Lack of coordination, Slurred speech, Falling asleep, Difficulty concentrating, Dilated pupils, Slowed pulse and breathing, Lowered blood pressure, Confusion, Addiction
- Withdrawal effects
    - Anxiety, Insomnia, Muscle tremors, Loss of appetite, Convulsions, Delirium, Death
- **Overdose**
    - Shallow respiration, Clammy skin, Dilated pupils, Weak and rapid pulse, Respiratory depression and arrest (stop breathing), Coma, Death

Stimulants

- Increased heart and respiratory rates, Rapid or irregular heart beat, Elevated blood pressure, Decreased appetite, Rapid or irregular heartbeat, Loss of coordination, Collapse, Unhealthy weight loss, Perspiration, Blurred vision, Irritability, Argumentativeness, Nervousness, Increased blood pressure or pulse rate, Dilated pupils, Long periods without sleeping or eating, Dizziness, Insomnia (can't sleep), Restlessness, Anxiety, Delusions
- Overdose
    - Agitation, Increase in body temperature, Hallucinations, Heart failure, nervousness, Convulsions, Death, Addiction
- Withdrawal symptoms
    - Apathy, Long periods of sleep, Irritability, Depression, Convulsions, Disorientation

Over-the-Counter Drug Abuse Facts (OTC)

Street Terms: Poor man's X, dex, robo, tussin, robo trip, (any over-the-counter medication containing DXM) triple Cs or CCC: (coricidin), SIZ'zurp; purple Drank (cough syrup)

What Are They?

Over-the-counter (OTC) drugs are medications that can be purchased at a pharmacy, grocery, or convenience store without a prescription to treat the symptoms of common colds or pains, such as a headache. The Food and Drug Administration (FDA) has determined that these medications have medical benefits for common ailments and are safe for general consumption if taken exactly as prescribed by the packaging.

However, *all* drugs, including **over-the-counter** medications, change the body's function or chemistry from its natural state and can be harmful if they are not taken as directed. For example, the common painkiller Ibuprofen (more commonly known as Advil®) can cause kidney damage if taken for prolonged periods or in excessive dosages.

As is the case with any drug, overdoses from **over-the-counter** medications, can occur. One type of **over-the-counter** medication that is especially dangerous when abused is Dextromethorphan (DXM), which is found in many types of cough syrup. From 1999 to 2004, there was a seven-fold increase in cases of poisoning and overdoses related to the abuse of DXM reported to poison control centers nationwide. Most of these were among 15- and 16-year-olds. An overdose on over-the-counter drugs can vary greatly, depending on what other drugs they are mixed with, the amount of drugs taken, how quickly they are taken, and the individual's body chemistry. **Some over-the-counter drugs can even cause death if used incorrectly.**

The only safe way to take over-the-counter medications is to do so exactly as directed by a doctor or as directed on the packaging and to treat the symptoms for which they are intended.

Risks

DXM: Impaired judgment and mental functioning / Loss of coordination / Dizziness / Nausea and vomiting / Hot flashes / Numbness / Reactions with other medications / Increased heart rate and blood pressure / Hallucinations / Brain damage / Seizure / Death

Ecstasy Facts (MDMA, XTC)

Street Terms: MDMA, Ecstasy, XTC, E, X, Beans, Adams, Hug Drug, Disco Biscuit, Go, Adam, hug, love drug, and more.

What is It?

MDMA, known as Ecstasy, is a chemical that is usually taken orally as a capsule or tablet. It is a man-made drug that is chemically similar to both stimulants and hallucinogens. It distorts the perception of time and the sense of touch. Taking Ecstasy causes chemical changes in the brain that affect your mood, appetite and sleep.

Ecstasy causes the excessive release of the important neurotransmitter, serotonin, which controls mood, sleep, pain, appetite, and other behaviors. By releasing large amounts of serotonin, Ecstasy causes the brain to become significantly depleted of this important neurotransmitter, which contributes to the negative behavioral problems (depression, sleep problems, etc) that users often experience for several days after taking Ecstasy.

Risks

Confusion / Depression / Sleep problems / Severe anxiety / Muscle tension / Involuntary teeth clenching / Nausea / Blurred vision / Faintness / Chills or sweating / Dependence and withdrawal effects (fatigue, loss of appetite, depressed feelings, and trouble concentrating) / Some problems can occur while or soon after taking the drug, others come days or weeks after taking Ecstasy.

Cocaine Facts (Blow, Crack)

Street Terms: Coke, snow, flake, blow, nose candy, snowball, tornado, wicky stick, Perico, Yayo

What is It?

Cocaine is a powerfully addictive stimulant drug. The powdered form of cocaine is either snorted or injected. Crack is cocaine that comes in a rock crystal that is heated and smoked. The term "crack" refers to the crackling sound produced by the rock as it is heated.

Many cocaine users report that they seek but fail to achieve the same experience as they had with their first use. Some users will increase their dose in an attempt to intensify and prolong the effect, but this can also increase the risk of adverse psychological or physiological effects.

Cocaine can cause heart attacks even in young abusers.

Risks

Increased body temperature, heart rate, and blood pressure / Headaches / Abdominal pain and nausea / Decreased appetite, resulting in malnutrition / Irritability, restlessness, anxiety, and paranoia / Paranoid psychosis (loss of touch with reality and auditory hallucinations) / Addiction or dependence / Loss of smell, nosebleeds, and a chronically runny nose **(from snorting)** / Severe bowel gangrene (intestine tissue dies) **(from swallowing)** / Increased risk of HIV and other diseases / Respiratory arrest (stopped breathing) / Heart attack or stroke which may cause sudden death / **Cocaine and alcohol combined** dramatically increases the risk of sudden death

Hallucinogens, LSD and PCP Facts

(Acid, Angel Dust)

Street Terms: (LSD) acid, blotter acid, window pane, dots, mellow yellow, lucy in the sky with diamonds (PCP) angel dust, ozone, rocket fuel, PCP, supergrass, killer weed, embalming fluid, wack, ozone

What is It?

Hallucinogens are strong mood-changing drugs with unpredictable psychological effects. LSD, or "acid," is sold as tablets, capsules, liquid, or on absorbent paper. PCP is illegally manufactured as tablets, capsules, or colored powder and can be snorted, smoked or eaten. Other hallucinogens can come in many forms, including plants and cough suppressants.

The effects of hallucinogens differ greatly from person to person, time to time, and from drug to drug. This is mainly due to the significant differences in strength, amount, and chemical makeup of active ingredients. Because of their unpredictable nature, the use of hallucinogens can be particularly dangerous. People who abuse PCP for long periods of time report memory loss, difficulties with speech and thinking, depression, and weight loss. These symptoms can persist up to a year after stopping PCP abuse. LSD has an unusual "echo." Many users have flashbacks — sudden repetitions of their LSD experiences — days or months after they stop using the drug. Hallucinogen-related deaths (with the possible exception of MDMA and PCP) often result from accidental injury or suicide from the uncontrolled actions and emotions caused by intoxication.

PCP is addictive, its repeated abuse can lead to craving and compulsive PCP-seeking behavior, despite severe adverse consequences.

Risks

PCP: Disturbing psychological effects / Delusions / Hallucinations / Paranoia / Anxiety / Addiction / Aggression / Sleeplessness / Flicking

up and down of the eyes / Drooling / Loss of balance / Dizziness / Nausea and vomiting / Trembling / Loss of muscular coordination / Cirrhosis of the liver / Numbness of the extremities / Increased heart rate, breathing, and blood pressure / Profuse sweating / Memory loss / Difficulties with speech and thinking / Depression / Violent or suicidal acts / Seizures / Coma / Drug death / Death from accidents while high / These symptoms can persist up to a year after stopping PCP.

LSD: Feelings of extreme terror / Feeling several different emotions at once / Rapid changes from one emotion to another / Terrifying thoughts like losing control or fear of insanity or death / Feelings of despair / Delusions and visual hallucinations / Tolerance - having to take larger doses to get high which is extremely dangerous / Dilated pupils / Increased body temperature, heart rate, and blood pressure / Profuse sweating / Loss of appetite / Sleeplessness / Dry mouth / Tremors / Flashbacks — sudden repetitions of their LSD experiences — days or months after they stop using the drug.

Heroin Facts (Smack)

Street Terms: Smack, thunder, hell dust, big H, nose drops, H, ska, junk, skag

What is It?

Heroin is a highly addictive white or brown powder or brown sticky tar made from opium poppies. Users may snort, smoke or inject it. Heroin is a depressant. It enters the brain, where it is converted to morphine and binds to receptors known as opioid receptors. These receptors are located in many areas of the brain that deal with pain but also within the brain stem — important for automatic processes critical for life, such as breathing, and blood pressure. Heroin overdoses frequently involve a suppression of respiration

Heroin withdrawal may occur within a few hours after the last time the drug is taken. Symptoms of withdrawal include restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey"), and involuntary leg movements.

Risks

Warm flushing of the skin / Dry mouth / Heavy feeling in the extremities / Nausea / Vomiting / Severe itching / Clouded mental functions / Infectious diseases, including HIV/AIDS and hepatitis (from injection needles) / Collapsed veins / Infection of the heart lining and valves / Abscesses at the injection location / Liver or kidney disease / Clogged blood vessels leading to the lungs, liver, kidneys, or brain, causing permanent damage to vital organs / Arthritis and other rheumatologic problems (usually due to contaminants in injected heroin) / Fatal overdose - reduced heart rate and breathing, sometimes to the point of death

Methamphetamine Facts (Meth, Crystal Meth)

Street Terms: Speed, meth, crystal meth, chalk, ice, crystal, chalk, crank, tweak, uppers, black beauties, glass, biker's coffee, poor man's cocaine, chicken feed, shabu, crystal meth, stove top, trash, co-fast, yaba, yellow bam

What is It?

Methamphetamine, or meth, is a highly addictive synthetic chemical that acts as a stimulant. It is snorted, injected, smoked, or swallowed. Most of the methamphetamine abused in this country comes from foreign or domestic superlabs, although it can also be made in small, illegal laboratories, where its production endangers the people in the labs, their neighbors, and the environment.

Creating a sense of energy, meth can push the body faster and further than it's safe to go. It increases the heart rate, blood pressure, and the risk of stroke.

Meth can kill you by causing overheating, convulsions, and coma.

Street Terms

Speed, meth, crystal meth, chalk, ice, crystal, chalk, crank, tweak, uppers, black beauties, glass, biker's coffee, poor man's cocaine, chicken feed, shabu, crystal meth, stove top, trash, co-fast, yaba, yellow bam

Risks

Increased respiration, rapid heart rate, irregular heartbeat, increased blood pressure, and hyperthermia (when the body overheats) / Unhealthy weight loss / Severe dental problems / Anxiety, confusion, insomnia, mood disturbances, and violent behavior / Psychotic features, including paranoia, visual and auditory hallucinations, and delusions (for example, the sensation of insects "Meth Bugs" creeping under the skin) / Severe "crash" after the effects wear off / Damage to blood vessels in the brain / Risk for

acquiring HIV/AIDS for those that inject the drug, or those who engage in risky sexual behavior- sometimes associated with meth abuse. / Structural and functional changes in areas of the brain associated with emotion and memory / Addiction / Liver, kidney, and lung

Inhalants Facts (Whippets)

Street Terms: Whippets, poppers, snappers, air blast, moon gas, oz, poor man's pot, bolt, boppers, bullet rush, satan's secret, buzz bomb, shoot the breeze, snotballs, Texas shoe shine, highball, thrust, hippie crack, toilet water, huff, toncho, laughing gas, locker room, and more.

What is It?

Inhalants are volatile substances or fumes from products such as glue or paint thinner that are sniffed or "huffed" to cause a high. Inhalants affect the brain with great speed and force and keep oxygen from reaching the lungs. Animal and human research shows that most inhalants are extremely toxic. Perhaps the most significant toxic effect of chronic exposure to inhalants is widespread and long-lasting damage to the brain and other parts of the nervous system. The intoxication produced by inhalants usually lasts just a few minutes; therefore, users often try to extend the "high" by continuing to inhale repeatedly over several hours, which increases the risk.

In addition to these physical and mental health problems, recent research shows that inhalant use is associated with symptoms of depression. Between 2004 and 2006, an estimated 218,000 youths aged 12-17 used inhalants and also experienced depression in the past year. The same research showed that depressed teens were more than three times as likely to start using inhalants as teens with no symptoms of depression. The reverse is also true, showing that teens often started using inhalants before depression began.

"Huffing" concentrated amounts of chemicals from paint and gas can directly induce heart failure and death. Long term effects of chronic abuse include brain, liver, and kidney damage.

Research shows that inhalant use is associated with symptoms of depression. Research has shown that depressed teens are more than three times as likely to start using inhalants than teens with no symptoms of depression.

Risks

Slurred speech / Lack of coordination / Dizziness / Lightheadedness / Hallucinations / Delusions / Loss in control / Lingering headache / Confusion / Nausea or vomiting / Hypoxia (suffocation, asphyxiation) leading to brain or other organ damage / Muscle spasms and tremors / Addiction / Liver, lung, and kidney problems / Muscle weakness / Prolonged abuse can negatively affect a person's cognition, movement, vision, and hearing / Fatal injuries from falls / Death from choking on vomit / Heart attack from irregular or rapid heart beat / "Sudden sniffing death" (heart failure and immediate death, even with first time use)

GHB Facts (Liquid Ecstasy)

Street Terms: Liquid ecstasy, soap, scoop, easy lay, Georgia home boy, grievous bodily harm, liquid X, goop

What is It?

GHB (gamma hydroxybutyrate or gammahydroxy-butyric acid) is a depressant that is usually available in odorless and tasteless liquid form. It can also be sold as a powder or pill. It takes effect 10-20 minutes after it is ingested and its effects typically last up to four hours.

GHB has been used in "date rape." It can be colorless, tasteless, and odorless, and has been added to beverages and ingested without the victim's knowledge. It can also cause anterograde amnesia (loss of memory), which makes it difficult for victims to recall what happened or identify his/her attacker.

Different amounts of GHB have different effects on people. In other words, no amount is safe.

Risks

Coma (at high doses) / Seizures / Nausea and breathing difficulties (when combined with alcohol or other drugs) / Poisoning / Overdose / Death (at high doses) / Addiction and withdrawal effects (including insomnia, anxiety, tremors, and sweating) / Assault or sexual assault "date rape" (due to the pills being colorless, tasteless, and odorless, they can be added to beverages to ingest unbeknownst to the victim, who becomes unable to defend him/herself because of the drug's effects) / Anterograde amnesia (inability to remember events experienced while under the influence of the drug)

Rohypnol Facts (Roofies)

Street Terms: R-2, Mexican Valium, roofies, circles

What is this?

Rohypnol, the trade name for flunitrazepam, has been a concern for the last few years because of its abuse as a "date rape" drug. In reference to date rape, this drug is most commonly referred to as a "roofie." People may unknowingly be given the drug that, when mixed with alcohol, can incapacitate victims and prevent them from resisting sexual assault. Also, Rohypnol can be lethal when mixed with alcohol and/or other depressants.

Rohypnol produces sedative-hypnotic effects including muscle relaxation and amnesia; it can also produce dependence. Rohypnol started appearing in the United States in the early 1990s. It is a benzodiazepine (chemically similar to Valium or Xanax), but it is not approved for medical use in this country, and its importation is banned.

Rohypnol has been used to facilitate date rape. It can be colorless, tasteless, and odorless, and can be added to beverages and ingested unbeknownst to the victim. When mixed with alcohol, Rohypnol can incapacitate victims and prevent them from resisting sexual assault.

Risks

Decreased blood pressure / Drowsiness / Visual disturbances / Dizziness / Confusion / Stomach, intestine, and urinary problems / Physical dependence and addiction / Death, especially when mixed with alcohol or other central nervous system depressants / Anterograde amnesia, in which individuals may not remember events they experienced while under the influence of the drug / Assault or sexual assault (due to the user being in dangerous situations or not being able to defend him/herself because of the drug's effects)

Ketamine Facts (Super Acid)

Street Terms: Jet, Super acid, Special "K," Green, K, Cat Valium, Vitamin K, bump, honey oil, Super C

What is It?

Ketamine is an odorless, tasteless drug that is found in liquid, pill, and powder form. Ketamine was developed as an anesthetic for veterinarians to use on animals. Ketamine is classified as a type of disassociative drug. It alters the actions of the neurotransmitter glutamate throughout the brain. Glutamate is involved in perception of pain, responses to the environment, and memory.

Ketamine distorts sounds and sensations and makes users feel detached from reality. Some ketamine experiences involve a terrifying feeling of almost complete sensory detachment that is likened to a near-death experience sometimes referred to as "the K-hole."

Ketamine is odorless and tasteless and possesses amnesia-inducing properties, the drug is sometimes added to the beverage of unsuspecting victims and used in the commission of sexual assaults, referred to as "drug rape."

Ketamine is currently used in veterinary medicine and much of the ketamine sold on the street has been stolen or diverted from veterinarians.

Risks

Impaired senses, judgment (low doses), coordination, and motor coordination (high doses) / Hallucinations, delirium, and disconnection from surroundings (high doses) / High blood pressure (high doses) / Amnesia (high doses) / Vulnerable to sexual assault (due to loss of control) / Depression (high doses) / Fatal respiratory problems (high doses)

Steroids Facts (Roids)

Street Terms: Arnolds, gym candy, pumpers, roids, stackers, weight trainers, gear, juice

What Are They?

Anabolic ("muscle-building") steroids are man-made substances closely linked to the male hormone testosterone. These drugs are available by prescription only to treat certain medical conditions. They are only safe for use when taken under a doctor's care and supervision. Abuse of steroids — often in an attempt to gain more muscle mass — can lead to serious health problems, some of which are irreversible.

Many of the major effects of steroid abuse can occur due to hormone imbalances in the body. In males, adverse effects may include shrinking of the testicles and breast development. In females, adverse effects may include growth of facial hair, menstrual changes and deepened voice.

Additionally, steroids can make you hostile, violent, and angry for no reason. You can experience uncontrollable outbursts of frustration and combativeness often referred to as "roid rage."

Steroids have disfiguring effects-severe acne, greasy hair, and baldness (in both guys and girls).

Risks

Severe acne / Male-pattern baldness / Liver cysts / Oily hair and skin / Stunted growth when used during adolescence / Paranoid jealousy, extreme irritability, delusions, and impaired judgment stemming from feelings of invincibility / Shrinking of the testicles and breast development in males / Facial hair growth, menstrual changes, deepened voice in females / Cardiovascular disease, including heart attack and stroke

Signs
&
Symptoms

NOTES

SIGNS AND SYMPTOMS OF DRUG USE

It is important to keep in mind that if a child shows any of the following symptoms, it does not necessarily mean that he or she is using drugs. The presence of some of these behaviors could be the product of adolescent stress. Others may be symptoms of depression or a host of other problems. Whatever the cause, they may warrant attention, especially if they persist or if they occur in a cluster. A mental health professional or a caring and concerned adult may help a youngster successfully overcome a crisis and develop more effective coping skills, often preventing further problems.

The key is change; it is important to watch for any significant changes in your child's physical appearance, personality, attitude or behavior.

Physical Signs

- Loss of appetite, increase in appetite, any changes in eating habits, unexplained weight loss or gain.
- Slowed or staggering walk; poor physical coordination.
- Inability to sleep, awake at unusual times, unusual laziness.
- Red, watery eyes; pupils larger or smaller than usual; blank stare.
- Cold, sweaty palms; shaking hands.
- Puffy face, blushing or paleness.
- Smell of substance on breath, body or clothes.
- Extreme hyperactivity; excessive talkng.
- Runny nose; hacking cough.
- Needle marks on lower arm, leg or bottom of feet.
- Nausea, vomiting or excessive sweating.
- Tremors or shakes of hands, feet or head.
- Irregular heartbeat.

Behavioral Signs

- Change in overall attitude/personality with no other identifiable cause.
- Changes in friends; new hang-outs; sudden avoidance of old crowd; doesn't want to talk about new friends; friends are known drug users.
- Change in activities or hobbies.
- Drop in grades at school or performance at work; skips school or is late for school.
- Change in habits at home; loss of interest in family and family activities.
- Difficulty in paying attention; forgetfulness.
- General lack of motivation, energy, self-esteem, "I don't care" attitude.
- Sudden oversensitivity, temper tantrums, or resentful behavior.
- Moodiness, irritability, or nervousness.
- Silliness or giddiness.
- Paranoia
- Excessive need for privacy; unreachable.
- Secretive or suspicious behavior.
- Car accidents.
- Chronic dishonesty.
- Unexplained need for money, stealing money or items.
- Change in personal grooming habits.
- Possession of drug paraphernalia.

Drug Specific Symptoms:

Marijuana: Glassy, red eyes; loud talking and inappropriate laughter followed by sleepiness; a sweet burnt scent; loss of interest, motivation; weight gain or loss.

Alcohol: Clumsiness; difficulty walking; slurred speech; sleepiness; poor judgment; dilated pupils; possession of a false ID card.

Depressants: (including barbiturates and tranquilizers) Seems drunk as if from alcohol but without the associated odor of alcohol; difficulty concentrating; clumsiness; poor judgment; slurred speech; sleepiness; and contracted pupils.

Stimulants: Hyperactivity; euphoria; irritability; anxiety; excessive talking followed by depression or excessive sleeping at odd times; may go long periods of time without eating or sleeping; dilated pupils; weight loss; dry mouth and nose.

Inhalants: (Glues, aerosols, and vapors) Watery eyes; impaired vision, memory and thought; secretions from the nose or rashes around the nose and mouth; headaches and nausea; appearance of intoxication; drowsiness; poor muscle control; changes in appetite; anxiety; irritability; an unusual number of spray cans in the trash.

Hallucinogens: Dilated pupils; bizarre and irrational behavior including paranoia, aggression, hallucinations; mood swings; detachment from people; absorption with self or objects, slurred speech; confusion.

Heroin: Needle marks; sleeping at unusual times; sweating; vomiting; coughing and sniffling; twitching; loss of appetite; contracted pupils; no response of pupils to light.

Tobacco/Nicotine: Smell of tobacco; stained fingers or teeth.

Users' techniques to avoid being identified:

- Get on the good side of the adults
- Stay stoned – some kids are under the influence so much of the time the adults are accustomed to their lethargic and detached manner and consider it part of the students personality
- Act dumb – When students can't keep up with school work because of drug use, they act dumb to get help or sympathy.
- Lie low – never ask questions, never act out, never come to the attention of adults in any way

- Have an arsenal of explanations – excuses for drug-induced symptoms can range from "I'm just tired", to "I'm having trouble with my contact lenses."
- Be a fast talker – some students are really good at thinking on their feet. They can come up with believable stories for any adult.
- Find a weakness in the system (school) – many students go to the nurses' office to sleep off the effects of drugs.
- Elicit sympathy – some kids rely on teachers or adults sympathy to insure that no one holds them accountable for their behavior
- Be compliant – sometimes doing everything right wards off confrontation.
- Lie and tell half truths – outright deception still works very well.

Talking to Your Child About Drugs

Just as you inoculate your kids against illnesses like measles, you can help "immunize" them against drug use by giving them the facts before they're in a risky situation.

When kids don't feel comfortable talking to parents, they're likely to seek answers elsewhere, even if their sources are unreliable. Kids who aren't properly informed are at greater risk of engaging in unsafe behaviors and experimenting with drugs. Parents who are educated about the effects of drug use and learn the facts can help correct any misconceptions children may have.

Make talking about drugs a part of your general health and safety conversations with your child. Parents are role models for their children so your views on alcohol, tobacco, and drugs can strongly influence the views of your child.

Preschool to Age 7

Before you get nervous about talking to young kids, take heart. You've probably already laid the groundwork for a discussion. For instance, whenever you give a fever medication or an antibiotic to your child, you have the opportunity to discuss the benefits and the appropriate and responsible use of those drugs. This is also a time when your child is likely to be very attentive to your behavior and guidance.

Start taking advantage of "teachable moments" now. If you see a character on a billboard or on TV with a cigarette, talk about smoking, nicotine addiction, and what smoking does to a person's body. This can lead into a discussion about other drugs and how they can potentially cause harm.

Keep the tone of these discussions calm and use terms that your child can understand. Be specific about the effects of the drugs: how they make a person feel, the risk of overdose, and the other long-term damage they can cause. To give your kids these facts, you might have to do a little research.

Ages 8 to 12

As your kids grow older, you can begin conversations with them by asking them what they think about drugs. By asking the questions in a nonjudgmental, open-ended way, you're more likely to get an honest response.

Kids this age usually are still willing to talk openly to their parents about touchy subjects. Establishing a dialogue now helps keep the door open as kids get older and are less inclined to share their thoughts and feelings.

Even if your question doesn't immediately result in a discussion, you'll get your kids thinking about the issue. If you show your kids that you're willing to discuss the topic and hear what they have to say, they might be more willing to come to you for help in the future.

News, such as steroid use in professional sports, can be springboards for casual conversations about current events. Use these discussions to give your kids information about the risks of drugs.

Ages 13 to 17

Kids this age are likely to know other kids who use alcohol or drugs, and to have friends who drive. Many are still willing to express their thoughts or concerns with parents about it.

Use these conversations not only to understand your child's thoughts and feelings, but also to talk about the dangers of driving under the influence of drugs or alcohol. Talk about the legal issues — jail time and fines — and the possibility that they or someone else might be killed or seriously injured.

Consider establishing a written or verbal contract on the rules about going out or using the car. You can promise to pick your kids up at any time (even 2:00 AM!) no questions asked if they call you when the person responsible for driving has been drinking or using drugs.

The contract also can detail other situations: For example, if you find out that someone drank or used drugs in your car while your son or daughter was behind the wheel, you may want to suspend driving privileges for 6 months. By discussing all of this with your kids from the start, you eliminate surprises and make your expectations clear.

Laying Good Groundwork

No parent, child, or family is immune to the effects of drugs. Some of the best kids can end up in trouble, even when they have made an effort to avoid it and even when they have been given the proper guidance from their parents.

However, certain groups of kids may be more likely to use drugs than others. Kids who have friends who use drugs are likely to try drugs themselves. Those feeling socially isolated for whatever reason may turn to drugs.

So it's important to know your child's friends — and their parents. Be involved in your children's lives. If your child's school runs an anti-drug program, get involved. You might learn something! Pay attention to how your kids are feeling and let them know that you're available and willing to listen in a nonjudgmental way. Recognize when your kids are going through difficult times so that you can provide the support they need or seek additional care if it's needed.

Role-playing can help your child develop strategies to turn down drugs if they are offered. Act out possible scenarios they may encounter. Helping them construct phrases and responses to say no prepares them to know how to respond before they are even in that situation.

A warm, open family environment — where kids are encouraged to talk about their feelings, where their achievements are praised, and where their self-esteem is bolstered — encourages kids to come forward with their questions and concerns. When censored in their own homes, kids go elsewhere to find support and answers to their most important questions.

Make talking and having conversations with your children a regular part of your day. Finding time to do things you enjoy together as a family helps everyone stay connected and maintain open communication.

If you are looking for more resources for yourself or your child, be sure to also talk to your doctor.

Resource:
http://kidshealth.org/parent/positive/talk/talk_about_drugs.html#

IT'S NEVER TOO LATE TO START TALKING TO YOUR CHILD ABOUT DRUGS!

Notes