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Basic Drug and Alcohol Information

This handout offers some basic information on the most common drugs/alcohol of use and abuse. This handout is not to be used to diagnosis a loved one or be a substitute for professional interpretation. Instead, it seeks to educate the reader on the latest trends and things to look for if you suspect addiction in a loved one. If you do suspect misuse or addiction in a loved one, talk to them about your concerns and offer moral support for treatment. Holding your loved one accountable for illegal activity and unhealthy decisions is difficult but, in most cases needed for change to happen.

WHY DO PEOPLE USE SUBSTANCES?

People take substances because they want to change something in their lives. They think drugs/alcohol are a solution. But eventually, the drugs/alcohol become the problem.

Here are some of the reasons people take mind altering substances:

- To fit in
- To escape or relax
- To relieve boredom
- To seem grown up
- To rebel
- To experiment
- They used for medical purposes and became addicted to that medication

If you take a medicine in a way that is different from what the doctor prescribed, it is called prescription drug abuse. It could be:

- Taking a medicine that was prescribed for someone else
- Taking a larger dose than you are supposed to
- Taking the medicine in a different way than you are supposed to. This might be crushing tablets and then snorting or injecting them.
- Using the medicine for another purpose, such as getting high

WHY DO SOME DRUG USERS BECOME ADDICTED WHILE OTHERS DO NOT?

As with many other conditions and diseases, vulnerability to addiction differs from person to person. Your genes, mental health, family and social environment all play a role in addiction. Risk factors that increase your vulnerability include:

- Family history of addiction
- Abuse, neglect, or other traumatic experiences
- Mental disorders such as depression and anxiety
- Early use of drugs
- Method of administration—smoking or injecting a drug may increase its addictive potential

HOW DOES A PERSON GET DIAGNOSED WITH AN ADDICTION?

Doctors, Therapists, and Drug and Alcohol Counselors use a criteria list from the ICD 10 code book and what is called the DSM 5 (Diagnostic Statistical Manual Revision #5) to officially diagnosis someone with an addiction. These manuals have strict guidelines clinicians use to prevent people from being falsely diagnosed or missing a diagnosis of drug or alcohol dependence when it is truly there. Only licensed professionals can make an official diagnosis.

Addiction comes in two forms:

Physical dependence: Physical dependence occurs when someone has taken a drug for a period of time and comes to rely on it. Withdrawal symptoms will occur if the person stops taking the substance.

Psychological dependence: Psychological dependence occurs when a person believes they need the drug to function. People with addiction often say they don't feel normal if they are not taking their substance of choice.

WHAT IS WITHDRAWAL?

Withdrawal or detoxification (also called detox) is the process of cutting back, or cutting out, the use of alcohol or other drugs. Withdrawal symptoms can range from mild to severe, and differ depending on the duration of use, type of drug, age, the person's physical and psychological characteristics and the method of withdrawal. A person could develop physical or psychological dependence on a drug, or both.

Withdrawal can be deadly. It is important to talk to a doctor or trained professional- like a drug and alcohol counsellor – to make sure safe detox arrangements can be made before cutting back or stopping use.

BASIC WARNING SIGNS THAT A FRIEND OR FAMILY MEMBER IS ABUSING DRUGS

Drug abusers often try to conceal their symptoms and downplay their problem. If you're worried that a friend or family member might be abusing drugs, look for the following warning signs:

Physical warning signs of drug abuse

- Bloodshot eyes, pupils larger or smaller than normal
- Changes in appetite or sleep patterns
- Sudden weight loss or weight gain
- Deterioration of physical appearance, personal grooming habits
- Unusual smells on breath, body, or clothing
- Tremors, slurred speech, or impaired coordination

Behavioral signs of drug abuse

- Drop in attendance and performance at work or school
- Unexplained need for money or financial problems; may borrow or steal to get it.
- Engaging in secretive or suspicious behaviors
- Sudden change in friends, favorite hangouts, and hobbies
- Frequently getting into trouble (fights, accidents, illegal activities)
- Strained interpersonal relationships
- Divorce
- Job loss

Psychological warning signs of drug abuse

- Unexplained change in personality or attitude
- Sudden mood swings, irritability, or angry outbursts
- Periods of unusual hyperactivity, agitation, or giddiness
- Lack of motivation; appears lethargic or “spaced out”
- Appears fearful, anxious, or paranoid, with no reason

WHAT ARE THE DIFFERENT CATEGORIES OF DRUGS?

The basic categories of commonly abused substances include:

Alcohol

Marijuana

Opiates

Sedatives/Hypnotics/Anxiolytics

Stimulants

Hallucinogens

Inhalants

WHAT ARE SYNTHETIC/DESIGNER DRUGS?

Synthetic drugs are chemically laced substances similar to Marijuana, Hallucinogens, Opiates, Cocaine and Methamphetamine that are sold in convenience stores, gas stations tobacco shops, over the internet, and stores where pornography is sold. They are packaged as “herbal incense” “tea” “potpourri, “bath salts” or “jewelry cleaner” etc.

Though the drugs’ packaging states the **products are not intended for human consumption**, their design, labeling and marketing clearly allude to the products being smoked and/or inhaled as a drug.

Common synthetic/designer drugs go by the names of; K2, Spice, Ecstasy, Meth, Balt Salts, Flakka, Krokodil

WHY ARE THEY SO DANGEROUS?

One reason that synthetic drugs are extremely dangerous is that buyers don’t know what chemicals they are ingesting. Individual products can contain a vast range of different chemical formulations and potencies, some of which can be **two to 500 times stronger** than other drugs made from plants.

WHY AREN’T THESE DRUGS ILLEGAL?

When people manufacture the chemical compounds used to make these drugs, the states do step in and ban their use. However, the chemists making the drugs simply just change one or two of the chemicals or way that it is made to make a new formulation that is not banned. This “new drug” then has to go through the process of being banned.

Helping a Loved One with Addiction

An Addiction is a Medical Condition. The definition of addiction is “continued use of a drug or alcohol despite its causing persistent and recurrent problems”. Addiction is NOT about laziness, being a bad person, being weak, or just wanting to have a good time. Use of substances changes the brain in such a way that the person becomes unable to stop using that substance on their own.

Recovery from Addiction is Difficult. Recovery from addiction is possible, but it is very difficult and time consuming. The brain needs at least a year of no drugs or alcohol in it to regulate itself. The behaviors and thought patterns of the person suffering with addiction can be a life long struggle. However, with help, those behaviors and thought patterns can be kept in check.

Readiness for Change. Be aware that people with an addiction may or may not be ready for change. Begging or pleading with your loved one to stop most likely will not work. Using guilt or shame to get a loved one to stop may even lead to the person using more to deal with that guilt or shame. Forcing someone into treatment may or may not work. If a loved one asks for help or makes statements about wanting help, act immediately to help get them into treatment and support that goal. If your loved one refuses to get help, you may have to let go and get help yourself to deal with your own feelings.

Enabling: Enabling is a term used to describe the behaviors and thought patterns of the non-using loved one. There is a long list of ways in which a loved one unknowingly helps keep the addicted person in the addiction process. Some examples include: buying substances for your loved one; lending loved ones money; allowing someone under the influence of a substance to drive; driving a loved one to and from work or a bar because they can't drive or don't have a license anymore; telling “white lies” to the supervisor or others to cover for the person using; threatening to end the relationship, but never doing it; allowing them to use in your home; bailing a loved one out of jail; refusing to call the police or contact a probation officer to report relapses or illegal activity.

Thought patterns of the enabling person can include: I have to keep my loved one from losing their job, going to jail, ruining their marriage, financially ruining themselves, becoming homeless, dying, etc; if I let my loved one use at home, at least they are not out there in danger or putting others in danger; feeling guilty for calling the police or probation officer; feeling that you must set up treatment and make sure your loved one gets there.

How You Can Help

- Learn all you can about addiction and the drug of choice of your loved one
- Listen non-judgmentally to your loved one
- Encourage positive choices and point out positive changes
- Show an interest in your loved one's treatment
- Don't use substances like alcohol around your loved one who is trying to recover
- Work on yourself by going to therapy and holding boundaries with your loved one
- Help your loved one find treatment, but don't do the work for them. It is important from the start that your loved one takes control of their own treatment, life, and choices
- Hold your loved one accountable. Consequences for using are often the main motivator for change

Relapse: When a person is addicted to substances the road to recovery is very rough. Your loved one has to learn how to deal with severe cravings, manage feelings, cope with brain chemistry changes, return to normal healthy eating and sleeping habits, and make new relationships while ending old unhealthy ones. Other major problems could include: dealing with ongoing legal issues; finding a place to work and live; healing damaged relationships; dealing with possible body/ brain damage; dealing with past traumas without using substances to numb flashbacks; dealing with shame and guilt over past choices and behaviors.

Given the magnitude of this kind of stress, it is common for your loved one to go back to using. Relapses are a time for learning and growth. If harsh consequences result from a relapse, it can be even more beneficial in the long run. Immediate consequences help the person with addiction learn that using is no longer appealing and fun. The sober life is valued more than the using life. During a relapse you can help your loved one by holding them accountable in a very firm manner. Yet, continue to encourage treatment and remind them of the positive outcomes when they weren't using. Get help for your own feelings of anger, frustration, hurt, and guilt.

Types of Help: Once your loved one decides to stay clean and sober, they will need treatment. Detoxifications of certain substances require medical monitoring to prevent your loved one from medical complications or dying. Alcohol and Benzodiazepine detoxification are potentially lethal if not monitored by a doctor. Always seek medical help no matter what drug is being used to prevent sudden death from the detox process.

Once detoxification is stabilized, treatment is needed. Depending on the area in which you live, various forms of treatment can be found. The most common types of substance abuse treatment could include:

Outpatient services= Clients see a drug and alcohol therapist 1-2 times a week

Intensive outpatient programming (IOP) = Clients attend several groups per week

Day treatment programs= Clients attend daily programming but return home each day .

Residential treatment= Clients live 24/7 at a treatment facility for 30-90 days.

It is important to note that insurance coverage will let you know what form of treatment is covered. Most people assume residential treatment is the best option, feeling their loved one will be forced to stay clean and sober. Please note that unless your loved one is under a legal obligation to be in residential care, by law those who enter treatment facilities are free to leave at any time. The treatment facility may require clients stay unless given permission to leave; however, the facility is not technically a locked unit. Insurance providers and the initial drug and alcohol therapist will help determine the best form of initial treatment. If your loved one is committed to treatment, studies show IOP or Day treatment programs can be just as effective as Residential treatment.

Aftercare Services: Addiction is a lifelong affliction. After treatment your loved one could enroll in aftercare groups through an agency that takes their insurance coverage. They can attend free community based support groups such as AA or Smart Recovery etc. Some communities offer aftercare housing for those who need transitional support to get back on their feet. Whatever the choice, ongoing support will help your loved one stay clean and sober.

Accessing Help: Your loved one will have to call their insurance company to find out what agencies and programs in their area are covered. If your loved one does not have insurance, they can call their county

Department of Health and Human Services for options. Local community based support groups can be found online, in local papers, the yellow pages, and at treatment facilities.

It is just as important that you get help. Loving someone with addiction is emotionally and mentally draining. You can call your insurance company to find a therapist that works with addiction and families to talk to about your feelings and needs. If you have no insurance, your county Department of Health and Human Services can offer various services to you. Community based support groups that offer free services such as AL Anon can be found online, in local papers, the yellow pages, and at treatment facilities.

In the following pages you will find the different categories of drugs listed along with other helpful information that gives the reader insight into the world of addiction. This is just a quick reference guide. The internet provides more information on drugs and alcohol that you may wish to explore more. Some trusted sites that provide information on the latest trends and information include:

<http://www.drugabuse.gov/>

<http://www.samhsa.gov/>

<http://www.webmd.com/mental-health/addiction/drug-abuse-addiction>

<https://www.ncadd.org/>

<http://www.drugfreeworld.org/home.html>

Unfortunately, the internet also provides a lot of education and information on how to get and use substances. Some loved ones may wish to view these sites in order to become more educated on the dark side of addiction. Be warned that exploring these types of sites can be very disturbing but do provide a wealth of information on the latest methods of use, forms of the substance, street names etc. Some of the sites used to collect information include:

<https://www.erowid.org/psychoactives/psychoactives.shtml>

<http://www.bluelight.org/vb/content/>

ALCOHOL

If you are wondering if a person is abusing alcohol or if they have progressed to alcoholism, here is what you can look for.

Alcohol Abuse:

- Alcohol consumption interferes with work, school or other activities because of being hung over or sick
- The person will drink despite knowing he or she will be driving, boating or doing something else that would be risky when impaired
- There are memory losses or blackouts
- There are accidents or injuries after drinking
- The person drinks even though there are physical conditions that would be worsened by drinking.

Abuse progresses to Addiction when the following signs show up:

- The person can't control how much or when he or she drinks
- He/she needs to take in more alcohol to get the same buzz as before
- Withdrawal symptoms set in when alcohol consumption is stopped. He or she may feel sick, sweaty, shaky and anxious
- The person gives up other activities he or she used to enjoy, so that he can drink
- A lot of time is spent either drinking or recovering
- Even though there is harm to career, education, family or other relationships, the person still drinks.
- The person drinks early in the day, stays drunk for a long time, or drinks alone
- He tries to conceal his drinking and makes excuses
- She consistently relies on alcohol to relieve stress or solve problems
- The drinker would like to quit drinking but despite repeated attempts, still drinks
- Alcohol becomes a focal point in life, the drinker must always make sure there is enough on hand, and social activities will nearly always include drinking.

Latest trends:

Mixing alcohol and energy drinks- Lately college students and teens have been mixing energy drinks (ie Red Bull) with alcohol. There is the alcohol rush without the need to pass out. You might perceive that you are less impaired when in actuality you are very impaired. High levels of caffeine can boost heart rate and blood pressure, causing palpitations, according to National Institute of Health. Alcohol also has this effect on the body, thus posing a dangerous situation.

Eye ball shots or snorting shots- Done more as a dare to be tough when under peer pressure than to get high/ drunk. Participants pour a shot into their eye or snort a shot through the nose. Obviously this could be potentially dangerous and life altering.

Alcohol Enemas - An alcohol enema is the act of introducing alcohol into the rectum and colon via the anus. This method of alcohol consumption is dangerous because it leads to faster intoxication since the alcohol is absorbed directly into the bloodstream and neutralizes the body's ability to reject the toxin by vomiting. Two reported alcohol enema techniques

are via an alcohol-soaked tampon or a funnel, such as a beer bong, inserted into the rectum. This method puts people at high risk of alcohol poisoning and death because of its direct route to the bloodstream. Young teens often think the alcohol won't be smelled on the breath in this method but, the alcohol will still process out the body in the breath.

Look for:

The normal intoxication and hangover symptoms; blood shot eyes; sniffing without a cold or allergies; boys possessing tampons; increase in tampon use with girls; concealing tampon use/ unusual substances or coloring on used tampons; eating of peanuts or other snacks to try and conceal alcohol smells; refusal to talk face to face to conceal alcohol smells; increase in energy drink abuse; concealing energy drink containers disposal; etc. Real vanilla extract contains high amounts of alcohol. It is also legal for underage people to buy. Mouthwash also can be abused in order to get drunk. Watch for unusual amounts consumed or concealed discarded bottles of these items for hints on possible abuse. Hand sanitizer has also been abused in some cases.

Withdrawal Symptoms:

Alcohol withdrawal is a potentially life-threatening condition that can occur in people who have been drinking heavily for weeks, months, or years and then either stop or significantly reduce their alcohol consumption. Alcohol withdrawal symptoms can begin as early as two hours after the last drink, and can persist for weeks. Because alcohol withdrawal symptoms can rapidly worsen, it's important to seek medical attention even if symptoms are seemingly mild. Symptoms can include:

- Anxiety or nervousness
- Depression
- Fatigue
- Irritability
- Jumpiness or shakiness
- Mood swings
- Nightmares
- Not thinking clearly
- Clammy skin
- Enlarged (dilated) pupils
- Headache
- Insomnia (sleeping difficulty)
- Loss of appetite
- Nausea and vomiting
- Rapid heart rate
- Sweating
- Tremor of the hands or other body parts
- A severe form of alcohol withdrawal called delirium tremens (DT'S) can cause: Agitation; Fever; Hallucinations (seeing or feeling things that aren't there); Seizures; Severe confusion.

Warning: Mixing Alcohol with **Opiates** and/ or **Sedatives** can result in death. All three substance work to suppress the Central Nervous System that effect breathing, heart rate, and other vital body functions. Together they increase each other's power and can actually shut the brain down to the point of death.

MARIJUANA/HASH

Forms of the Substance:

Marijuana most often appears as a dry, shredded mix of flowers and leaves from a cannabis plant. The substance may be green or brown, or occasionally gray, have seeds in it, and sometimes appear to be soaked with oil. Hashish is that oil. Marijuana can be pressed with heat to concentrate the oils. Once dried, the marijuana oil appears as a flaky semi clear plastic looking substance known as DABS. Marijuana/Hash has a distinctive smell to it. It can smell skunky, or sickly sweet smelling depending on the quality of it. For those who have never smelled marijuana, it does NOT smell like a cigar or flavored cigarette. A young teen may claim they were around someone smoking a cigar to try and cover up the story.

Hashish is a cannabinoid, like marijuana. It consists of the THC-rich resinous material of the cannabis plant, which is collected, dried, and then compressed into a variety of forms, such as balls, cakes, or cookie-like sheets. Hashish is a reddish-brown to black colored resinous material of the cannabis plant. Pieces are then broken off, placed in pipes and smoked.

How It's Used:

Most often, marijuana is smoked in a joint, a hand-rolled cigarette. It is also frequently smoked in a tall glass pipe called a bong, or any ordinary pipe. It can be added to foods or made into a tea. Vaporizers used to smoke tobacco are also used to smoke liquid forms of the drug as well. Dabs is made by pressing the organic material between parchment paper and a straight iron (hair tool) to extract the oils. The oil is then dried and flakes are put onto a pipe with a little screen and smoked.

Signs and Symptoms of Use:

- Anxiety
- Fear or panic reactions
- Hallucinations/paranoia and delusional behavior (can be symptoms of weed use that is very potent)
- Laughter and glee when it is not warranted
- Euphoria
- Strongly increased appetite for snack foods or sweets
- Foggy, slow memory
- Artificially increased tendency to chatter or be sociable
- Lowered inhibitions
- Impaired judgment
- Dizziness
- Sedation, slow movement
- Lethargy, lack of activity

Look For:

Small bags of brownish-green leaves that look like herbs, small chunks of powdery brown substance or very small bottles of brown liquid. Dabs looks like tiny bits of flakey resinous material. Small pipes, larger complicated water pipes referred to as "bongs," cigarette rolling papers or small ends of smoked hand-rolled cigarettes constitute this sign of weed use. In

states that have legalized medical or recreational marijuana use (or nearby states), there may be "edibles" in the form of cookies, brownies, drinks, candy, hard candies etc. These packaged items will include THC on the label of ingredients. Parchment paper and hair straighteners are used to create dabs.

Latest Trends: Lacing marijuana cigarettes with other substances is not new. LSD was commonly mixed in with a joint. Today new synthetic drugs are mixed with the joint and can include methamphetamines. Today new technology and the legalization of marijuana in some states have led to an increase in potency. The THC quality is significantly higher now days which can lead to earlier complications and severe psychological effects in new users.

Withdrawal Symptoms:

Some people believe there is no true withdrawal symptoms from marijuana however, chronic users typically experience:

- Irritability
- Sleeplessness
- Anxiety
- Loss of appetite
- Aggression
- Depression
- Nightmares and vivid dreams
- Emotional outbursts
- Feeling of fear or anxiety
- Loss of the sense of humor
- Decreased sex drive, or increased sex drive.



Marijuana



DABS



Hashish

SPICE/K2/SYNTHETIC WEED etc.

Forms of the Substance:

Spice, also known as K2, etc. is a man made drug that has been sold as a legal replacement for cannabis. Chemicals are sprayed on dried plant matter. It is often packaged as "incense" and "tea" and sold in convenience stores, pornography stores, or head shops. Internet sales have skyrocketed since states have been making the sale of synthetic weed illegal.

How It's Used:

Although it is often packaged as a tea or incense, users smoke or inhale the burning substance.

Signs and Symptoms of Use:

A Spice user is much more likely to have serious adverse effects than a person smoking weed.

- Impaired academic or occupational functioning
- Hyperactivity or decreased energy
- Increased aggression
- Catatonic behavior (unresponsive when spoken to, seems like in a trance)
- Delayed speech or being unable to speak
- Engaging in risky behaviors
- Vomiting
- Nausea
- Muscle spasms
- Headaches
- Sweating due to elevated body temperature
- Rapid heartbeat
- Fluctuations in blood pressure
- Chest pains
- Panic attacks
- Numbness or tingling in arms or legs
- Paranoia
- Delusions
- Hallucinations
- Impaired memory
- Depersonalization (feeling outside the body)
- Disorientation
- Confusion
- Elevated levels of anxiety
- Abrupt shifts in mood
- Psychosis
- Increased agitation and/or irritability

Look For:

Left behind after Spice use, you might find small pipes coated with the residue of burning plant materials or small foil packages. Left behind packaging that resembles a tea or incense that is not found in a grocery store.

Withdrawal Symptoms:

- Nausea or vomiting
- Diarrhea
- Intense cravings for more of the substance
- Elevated levels of anxiety
- Constant drowsiness
- Hot or cold flashes
- Increased agitation or irritability



Synthetic Weed and Various Packaging

OPIATES/NARCOTICS (Pain Killers)

Forms of the Substance:

The term opiate refers to a class of drugs that helps with pain. There are several different kinds of opiates which include:

- Hydrocodone, often combined with acetaminophen, as in Vicodin or Lortab.
- Oxycodone, most commonly prescribed as OxyContin but also seen in Endocet, Percocet, Percodan and Roxicet.
- Morphine (Comes in the form of a pill or a liquid base)
- Codeine, often given for severe coughs.
- Propoxyphene, sold as Darvon
- Hydromorphone, sold as Dilaudid
- Meperidine, sold as Demerol
- Fentanyl (A medication used at hospitals for post-surgery. Highly potent form of an opiate. Can be injected or comes in a skin patch for continuous dosing)
- Heroin is not a medication. Heroin usually appears as a white or brown powder or as a black sticky substance, known as black tar heroin
- Methadone reduces withdrawal symptoms in people addicted to heroin or other narcotic drugs without causing the "high" associated with the drug addiction. Methadone is used as a pain reliever and/or as part of drug addiction detoxification and maintenance programs and is only available from certified pharmacies.
- Opium, is made from the white liquid in the poppy flower. It is dried and rolled into little balls for smoking. It can be made into a tea as well.
- Krokodil or desomorphine, is an opiate that first emerged in Russia as a less expensive homemade substitute to heroin. The drug can be purchased for one tenth of the cost of heroin, has a faster onset of its effects, and is often cooked at home using codeine (an over-the-counter drug in Russia), paint thinner, and match heads. Easy access to the drug contributed to its popularity, but it also contributes to grotesque and severe side effects. The cooking process does not remove all the toxins and impurities from the drug before injection, which results in scaly, green patches, gangrene, hemorrhaging of arteries, and widespread necrosis of tissue – often resulting in such extensive rotting of the flesh that bare bone is exposed. Krokodil produces a high that lasts about two hours, and withdrawal symptoms from the drug are often so severe that sedation and an extended hospital stay would be necessary to detox.
The drug is now considered an epidemic in Russia, with the average life expectancy of addicts estimated at two years, maximum.

How It's Used:

The pills can be taken orally. However, the preferred method in people with addiction is to crush and snort the pills. They can also be crushed and smoked or injected. Liquid based meds are commonly injected. Heroin can be smoked, snorted or "cooked" in order to inject it. With heroin, injecting offers the 'best' high. Fentanyl patches are often chewed or cooked to get out any of the substance from the skin patch.

Mixing Alcohol with Opiates and/ or Sedatives can result in death. All three substance work to suppress the Central Nervous System that effect breathing, heart rate, and other vital body functions. Together they increase each other's power and can actually shut the brain down to the point of death.

Signs and Symptoms of Use:

- Shortness of breath
- Dry mouth
- Constricted (small) pupils
- Sudden changes in behavior or actions
- Disorientation/ confusion/ memory problems
- Cycles of hyper behavior followed by suddenly nodding off
- Droopy appearance, as if arms and legs are heavy
- Slurred speech
- Abnormal Itching of skin
- Constipation
- Anxiety/ irritability
- Flushed warm skin
- Stealing from loved ones
- Odd sleeping patterns
- Frequent nodding off with eyes closed or half open

Look For:

Needles or syringes not used for other medical purposes; Burned metal spoons; Lighters; Aluminum foil or gum wrappers with burn marks; Missing shoelaces, belts, rubber tubing etc. (used as a tie off for injection sites); Straws with burn marks; Small plastic bags with white powdery residue; Water pipes or other smoking pipes; Scabs or bruises that don't seem to go away especially on inside the arm/ hands or legs; Wearing long sleeved shirts or pants in warm weather; skin patches that look chewed up; use of laxatives to ease the constipation; Weight loss due to being constipated and not eating much; Going to several different or new doctors on a regular basis; Withdrawing from friends and family; Neglect of health and appearance.

Withdrawal Symptoms:

Early symptoms of withdrawal include:

- Agitation/Irritability
- Anxiety
- Muscle aches
- Increased tearing of the eyes
- Insomnia
- Runny nose
- Sweating
- Yawning

Late symptoms of withdrawal include:

- Abdominal cramping
- Diarrhea
- Dilated pupils
- Goose bumps
- Nausea
- Vomiting
- Legs kicking out involuntarily (where the term kicking the habit came from)

Heroin withdrawal can be fatal to an unborn baby, so pregnant women who want to get sober are normally maintained on a dose of methadone that prevents withdrawal symptoms.

Medications Used to Treat Opiate Addiction:

People who treat opioid addiction also have the option of utilizing medication-assisted treatment. The most common medications used in the treatment of opioid dependence today are:

- Suboxone, Subutex (buprenorphine)
- Revia (naltrexone)
- Methadone

This approach can be controversial. Some believe it is just substituting one drug for another. In the case of Methadone this argument could be somewhat true. Methadone, however, is the current method for treating pregnant clients. Buprenorphine and Naltrexone treatments are newer treatments that block receptors in the brain. This helps to prevent someone from getting high from opiate medications or off the street opiates(heroin). These medications are not meant to be used long term. However, they can help people with the process of detoxing off opiates. These treatments can be costly and the treated person may still appear high to loved ones while on these medications.



Heroin



Smoking an Opiate



Opium Poppy Flowers



Cooking an Opiate to Inject

SEDATIVES/ HYPNOTICS/ANXIOLYTICS

What are Sedatives/Hypnotics/Anxiolytics?

Sedatives /Hypnotics/Anxiolytics are prescription drugs that promote sleep or calmness. They are classed as Central Nervous System (CNS) depressants. Sedatives are commonly called benzodiazepines or benzos for short. Most sedatives are prescribed by a doctor but herbal supplements are available over the counter. Sedatives come in a number of shapes and sizes, pills and capsules. All these drugs have the potential to be very addictive. Benzodiazepines, a Schedule IV drug, are only meant for short-term usage, and can be extremely addicting if used improperly. Doctors may prescribe a benzodiazepine for the following legitimate medical conditions:

- Anxiety
- Insomnia
- Alcohol withdrawal
- Seizure control
- Muscle relaxation
- Inducing amnesia for uncomfortable procedures
- Given before a surgery

Forms of the Substance:

The basic categories are as follows:

- **Barbiturates**
 - Amobarbital (Amytal)
 - Pentobarbital (Nembutal)
 - Secobarbital (Seconal)
 - Phenobarbital (Luminal)
- **Benzodiazepines (trade names)**
 - Clonazepam (Klonopin N.America Rivotril Europe, Asia)
 - Diazepam (Valium)
 - Estazolam (Prosom)
 - Flunitrazepam (Rohypnol)
 - Lorazepam (Ativan)
 - Midazolam (Versed)
 - Nitrazepam (Mogadon)
- **Herbal sedatives**
 - Oxazepam (Serax)
 - Triazolam (Halcion)
 - Temazepam (Restoril, Normison, Planum, Tenox, and Temaze)
 - Chlordiazepoxide (Librium)
 - Alprazolam (Xanax)
 - Ashwagandha
 - Duboisia hopwoodii
 - Prostanthera striatiflora
 - Catnip
 - Kava (Piper methysticum)
 - Mandrake
 - Valerian
- **Nonbenzodiazepine "Z-drugs" sedatives**
 - Marijuana
 - Eszopiclone (Lunesta)
 - Zaleplon (Sonata)
 - Zolpidem (Ambien)
 - Zopiclone (Imovane, Zimovane)
- **Antihistamines**
 - Diphenhydramine
 - Dimenhydrinate
 - Doxylamine
 - Phenergan
 - Promethazine

Mixing Alcohol with Opiates and/ or Sedatives can result in death. All three substances work to suppress the Central Nervous System that effect breathing, heart rate, and other vital body functions. Together they increase each other's power and can actually shut the brain down to the point of death.

How It's Used:

The prescribed way to take a sedative is to swallow the pills. However, in cases of addiction, people will over use the amount of pills allotted for the day. Crushing and snorting the pills are also common with addiction. The pills can be dissolved and injected but the preferred method for getting "high" is to crush and snort them.

Signs and Symptoms of Use:

- Increased breathing problems
- Double vision
- Muscle weakness/ clumsy
- Vertigo/dizziness
- Headaches
- Changes in eating and sleeping patterns
- Hyperactivity
- Short term memory loss/ amnesia
- Increased confusion
- Slowed thinking
- Slowed reaction time
- Increased anxiety
- Irritability and hostility
- Depression
- Mood swings
- Trouble sleeping/ staying asleep
- Loss of sex drive
- Twitches/Tremors

Look For:

It is difficult to spot sedative paraphernalia because most people who are abusing this substance just swallow the pills or crush and snort them. Use of sedatives with a needle are rare but can be a sign of abuse.

Latest Trends:

Benzodiazepines have also been used as a "date rape" drug because they can impair and even anesthetize functions that normally allow a person to resist or even want to resist sexual aggression or assault. The drug is usually added to alcohol-containing drinks or even soft drinks in powder or liquid forms and can be hard to taste.

Withdrawal Symptoms:

The symptoms of withdrawal can be difficult to distinguish from anxiety. Symptoms usually develop at three to four days from last use; Benzo withdrawal symptoms are typically observed four hours following the last dose and can persist for days to weeks. Symptoms of benzodiazepine withdrawal include:

- Flu-like aches and pains
- Restlessness
- Confusion
- Feelings of unreality
- Psychosis
- Hallucinations and delusions
- Seizures
- Suicidal ideations and behaviors
- Panic Attacks/anxiety attacks
- Aches and pains
- Delirium

STIMULANTS

What Are Stimulants?

Stimulants are a class of psychoactive drug that provide temporary improvements in physical or mental functioning, thus elevating mood and increasing feelings of wellbeing, energy and alertness. Because of their ability to provide an “up” effect, stimulants are often called uppers.

Stimulants are widely used as both prescription medications and recreational drugs. A healthcare provider may prescribe stimulants to treat narcolepsy (sleep disorders); promote weight loss; and treat ADHD(Attention Deficit and Hyperactivity Disorder) and clinical depression.

Forms of the Substance:

There are various forms of stimulants both from doctors and from off the street.

Amphetamines are usually classified as prescription medications. Medications can be in pill form, a patch that is put on the skin or in a liquid.

There are several brands of medications that can be prescribed. Some include:

- Amphetamine sulfate (Evekeo)
- Dextroamphetamine (Dexedrine, ProCentra, Zenzedi)
- Dexmethylphenidate (Focalin)
- Methylphenidate (Ritalin)
- Dextroamphetamine (Adderall, Dexedrine spansule)
- Methylphenidate (Ritalin SR, Metadate ER, Methylin ER)
- Dexmethylphenidate (Focalin XR)
- Dextroamphetamine (Adderall XR)
- Lisdexamfetamine (Vyvanse)
- Methylphenidate (Concerta, Daytrana, Metadate CD, Quillivant XR, Ritalin LA)

Cocaine Cocaine is a purified extract from the leaves of the *Erythroxylum coca* bush. This plant grows in the Andes region of South America. Different chemical processes produce the two main forms of cocaine:

- Powdered cocaine -- commonly known on the street as "coke" or "blow" -- dissolves in water. Users can snort or inject powdered cocaine.
- Crack cocaine -- commonly known on the street as "crack" or "rock" -- is made by a chemical process that leaves it in its "freebase" form, which can be smoked.

Methamphetamines are manufactured on the streets. They contain dangerous explosive chemicals that pose a threat to public safety.

- Methamphetamine – also known as speed, meth, chalk, ice, crystal or glass—is an extremely addictive central nervous system stimulant. It is a white, colorless, bitter-tasting powder that works by entering the brain and triggers an overwhelming sense of euphoria and good feelings.
- Crystal methamphetamine – also known as ice or glass – is a pure form of methamphetamine. It is called “crystal” meth because of its clear, crystalline, rock-like appearance.

Caffeine is commonly found in coffee, tea, soda, energy drinks, over the counter pills (i.e. No Doz), cocoa, chocolate, caffeine powders.

Diet Pills often contain caffeine because one of the side effects of stimulants is a loss of appetite.

Bath Salts refers to an emerging family of drugs containing one or more man-made chemicals related to cathinone, an amphetamine-like stimulant found naturally in the khat plant. Bath Salts are sold under a number of different “brand” names, and as different products, such as bath salts for the bathtub, plant food, jewelry cleaner, phone screen cleaner, or insect repellent. Bath salts are sold online and in drug paraphernalia / pornography stores. Bath Salt products are sold in powder form in small plastic or foil packages of 200 and 500 milligrams under various brand names.

DOM/ DOB /MDA

These are chemical variations of amphetamines, also known as substituted amphetamines. These so-called “designer drugs” are stimulants. DOB is 4-bromo-2, 5-dimethoxyamphetamine. MDA is 3, 4-methylenedioxyamphetamine, similar to MDMA or Ecstasy. It is also nicknamed the “Love Drug.” Substituted amphetamines are most often found in either powder or pill form. Substituted amphetamines, such as DOM, DOB and MDA, can be taken orally or nasally. Because they are produced illegally in illegal laboratories, they are seldom pure. The dosage amount in a capsule or tablet and the quality of the substance is likely to vary a lot.

How it’s Used:

Stimulants are abused in several ways, depending on their type. Amphetamine and methamphetamine pills can be ingested orally, crushed and snorted, dissolved in water and injected, or smoked. “Glass” and “ice” (pure methamphetamine, which look like clear crystalline rock) is most often smoked (vaporized and inhaled) in a glass pipe, allowing for quick absorption into the bloodstream without the risks of injecting the drug. “Crystal” the powder form of methamphetamines, is consumed orally, injected, or inhaled. Injected or smoked stimulants reach the brain faster and produce the most intense highs. Snorting or swallowing stimulants produces a high that is less intense but longer lasting.

People who use stimulants to get high, often will go on what is called a binge. Often use of the substance will be used over and over again until the effects no longer produce a high. This binge can last for hours and even days. Once the effects of the stimulants begin to wear off, a very powerful urge to use again comes on. In order to feel good and keep withdrawal symptoms from coming on, use must take place immediately. In some cases the binge use goes on for days in which exhaustion begins to take hold. The stimulants however prevent sleep. Use of a “downer” like alcohol, pot, benzodiazepines, or opiates may be used to help bring the person “down” from the high so that they can finally sleep.

Signs and Symptoms of Use:

Short-Term Effects

- High body temperature
- Hostility or paranoia
- Bizarre, erratic, sometimes violent behavior
- Irregular or increased heart rate/heart beating
- Increased diastolic/systolic blood pressure
- Increased activity/talkativeness
- Intense sense of happiness and well being
- Can’t sleep
- Decreased appetite
- Dry mouth
- Unrealistic feelings of cleverness, great competence, and power
- Anxiety
- Improved memory and recall
- Dilated pupils (large pupils)

- Heavy breathing
- Heightened alertness/energy
- Nausea
- Headache

Long-Term Effects

- Dizziness
- Psychotic behaviors and Paranoia, sometimes accompanied by both auditory and visual hallucinations(also referred to as tweaking)
- Pounding heartbeat
- Difficulty breathing
- Mood or mental changes
- Repetitive motions or behaviors
- Ulcers
- Malnutrition
- Skin disorders such as picking at the skin until tiny sores are noted on face and/or other body parts

- Heart Palpitations
- Heightened need for sex
- Tremor/twitching of small muscles(or tweaking – tweaking out as it is called)
- Increase in risky behaviors

- Vitamin deficiency
- Flush or pale skin
- Loss of coordination and physical collapse,
- Formication (a sensation of bugs crawling on the skin) leading to picking at the skin until sores form.
- “Meth Mouth” (tooth decay and cracked teeth caused by tooth grinding, smoking meth and poor oral hygiene)
- If high doses used- Convulsions, coma, and death from overheating and heart failure.

Look For:

Prescription pills bottles prescribed to the person or others; glass smoking type pipes. Items with powder like substances on them that could be used to crush pills; Needles, and items that could be used to tie off a place on the arm/ leg in order to inject the substance; wearing sunglasses at unusual times; Constantly sniffing; Bloody noses; Very powerful lighters; Crushed, burned cans/ foil; Broken glass, light bulbs; Over the counter diet pills, caffeine pills.

Withdrawal Symptoms: Because stimulants can cause a person to become dependent on the drug, people who use can experience withdrawal symptoms when use is stopped. Signs and Symptoms of withdrawal from stimulants can include:

- Extreme depression which can lead to suicide attempts
- Extreme fatigue- sleeping for days at a time
- Vivid, unpleasant dreams
- Increased appetite
- Becoming lethargic-hardly moving around
- Short term memory loss
- Inability to concentrate, pay attention or remain alert
- Difficulty making decisions

Latest Trends:

Speedballing (also referred to as powerballing) is a term commonly referring to use of cocaine with heroin or morphine together. While the term traditionally refers to injecting both drugs at once, it can now refer to snorting them together. This is due to the rising purity levels of both heroin and cocaine. Mixing any stimulant and depressant can be called speed balling (mixing Xanax and meth, or alcohol and crack).

Speedballing is extremely dangerous. First, because of the mix of two drugs, the user doesn't feel the extreme effects of either. This means they won't be able to tell if they're approaching lethal levels of either heroin or cocaine. Second, heroin and cocaine have opposite effects on the body. When they're combined, the rapid change between stimulation and sedation is rough on organs.



Powdered Cocaine Being Snorted



Crack Cocaine



Crystal Meth



Smoking Meth



Meth Drug Prevention Advertisement



Bath Salts

Hallucinogens

What are Hallucinogens?

Hallucinogens are drugs that cause hallucinations. Users see images, hear sounds and feel sensations that seem very real but do not exist. Some hallucinogens also produce sudden and unpredictable changes in the mood of those who use them.

Hallucinogenic and dissociative drugs have been used for a variety of reasons. Historically, hallucinogenic plants have been used for religious rituals to induce “visions” thought to provide mystical insight or enable contact with a spirit world or higher power. More recently, people report using hallucinogenic drugs for fun or to deal with stress.

Users refer to LSD and other hallucinogenic experiences as “trips”. The user’s sense of time and self changes. Sizes and shapes of objects become distorted, as do movements, colors and sounds. Even one’s sense of touch and the normal bodily sensations turn into something strange and bizarre. Sensations may seem to cross over, giving the user the feeling of hearing colors and seeing sounds. The “trip” can be very pleasant and give the user a sense that they are connecting to a spiritual world. A “bad trip” is said to include terrifying thoughts and sensations, and nightmarish feelings of anxiety and despair that include fears of losing control, insanity, or death.

Most people who take hallucinogens do so in a group setting or with someone that is prepared to help them if they have a “bad trip”. Hallucinogens can last up to 12 hours depending on the amount used. If someone enters into a “bad trip”, the friends can try to talk a person out of the negative hallucinations or just be there to make sure the person who is using doesn’t do something to hurt themselves or others while “tripping”. Many LSD users experience flashbacks, or a recurrence of the LSD trip, often without warning, long after taking a hallucinogen.

Because LSD accumulates in the body, users develop a tolerance for the drug. This increases the physical effects and also the risk of a bad trip that could cause psychosis. Taken in large enough doses, hallucinogens can cause a psychotic break or permanent brain damage.

Forms of the Drug & How It’s Used:

Classic Hallucinogens: (meaning the person connects with things around them but the forms of the things morph into something else)

LSD—also known as acid, is one of the most potent mood- and perception-altering hallucinogenic drugs available. LSD is sold in tablets, capsules, and, occasionally, liquid form. LSD is often added to absorbent paper, which is then punched into small individual squares, known as blotters. LSD is usually swallowed, but it can also be sniffed, injected or smoked.

Psilocybin-also known as magic mushrooms, shrooms, boomers, or little smoke—is extracted from certain types of mushrooms found in tropical and subtropical regions of South America, Mexico, and the United States. In the past, psilocybin was ingested during religious ceremonies by indigenous cultures from Mexico and Central America. Psilocybin can either be dried or fresh and eaten raw, mixed with food, or brewed into a tea. They are sometimes mixed with tobacco or cannabis, and smoked.

Peyote-Mescaline is a small, spineless cactus with mescaline as its main ingredient. It has been used by natives in northern Mexico and the southwestern United States as a part of religious ceremonies. The top, or “crown,” of the peyote cactus has disc-shaped buttons that are cut out, dried, and usually chewed or soaked in water to produce an

intoxicating liquid. Mescaline can also be produced through a chemical process in a lab. In its natural form, mescaline sulphate is a white crystal-like powder. Man made mescaline can come in different colours.

DMT -Dimethyltryptamine is a powerful hallucinogenic chemical found naturally occurring in some Amazonian plant species (see “Ayahuasca”) and can be made from chemicals in a laboratory. Chemically made DMT usually takes the form of a white/yellow crystalline powder and is typically vaporized or smoked in a pipe. Ayahuasca tea has traditionally been used for healing and religious purposes in South American cultures.

2C-B 2C-T-7

These are psychoactive or hallucinogenic compounds similar to mescaline. Chemically, 2C-B is 4-bromo-2, 5-dimethoxyphenethylamine. 2C-T-7 is 2,5-dimethoxy-4-(n) ropylthiophenethylamine. Because they are produced in illegal laboratories, they are seldom pure and the amount in a capsule or tablet is likely to vary considerably. Both are sold in powder or in pill form. Taken orally or snorted. Even small doses can be lethal. 2C-T-7 is more lethal when snorted.

Ecstasy /MDMA or more recently known as Molly, is a man made drug that has similar effects to both the **stimulant** amphetamine and the **hallucinogen** mescaline. It produces feelings of increased energy, euphoria, emotional warmth and empathy toward others, and distortions of the five senses. MDMA was initially popular among White adolescents and young adults in the nightclub scene or at “raves” (long dance parties), but the drug now affects all ages and ethnic backgrounds. Ecstasy comes in a tablet form that is often branded, with symbols like: Playboy bunnies, Nike swoosh, CK etc. MDMA can have many of the same physical effects as other stimulants like cocaine and amphetamines.

Dissociative Hallucinogens: (meaning the person feels disconnected to reality)

PCP —The use of PCP as an approved anesthetic in humans was discontinued in 1965 because patients often became agitated, delusional, and irrational while recovering from its anesthetic effects. First introduced as a street drug in the 1960s, PCP quickly gained a reputation as a drug that could cause bad reactions and was not worth the risk. However, some abusers continue to use PCP due to the feelings of strength, power, and invulnerability as well as a numbing effect on the mind that PCP can induce. While it can be found in a variety of forms, including tablets or capsules, it is usually sold as a liquid or powder. PCP can be snorted, smoked, injected, or swallowed. It is sometimes smoked after being sprinkled on marijuana, tobacco, or parsley.

PCP can cause a user to have seizures or severe muscle contractions, become aggressive or violent, or even experience psychotic symptoms similar to schizophrenia.

Ketamine—also known as K, Special K, or cat Valium—is a medication used as an anesthetic for humans as well as animals. Much of the ketamine sold on the street has been stolen from veterinary offices. Although it is manufactured as an injectable liquid, ketamine is generally evaporated to form a powder that is snorted or compressed into pills. Because ketamine is odorless and tasteless and has the power to make people forget what happened to them, it is sometimes put into someone’s drink unknowingly so the person is not aware of what is happening to them.

DXM-Dextromethorphan—also known as robo—is a cough suppressant and expectorant ingredient in some Over-The-Counter (OTC) cold and cough medications that are often swallowed in large amounts by adolescents and young adults. The most common sources of abused DXM are “extra-strength” cough syrup, which typically contains around 15 milligrams of DXM per teaspoon, and pills and gel capsules, which typically contain 15 milligrams of DXM per pill.

Salvia divinorum—also known as diviner’s sage, Maria Pastora, Sally-D, or magic mint—is a psychoactive plant common to southern Mexico and Central and South America. Salvia is typically ingested by chewing fresh leaves or by drinking their extracted juices. The dried leaves of salvia can also be smoked or vaporized and inhaled. This drug can still be found at most stores that sell pornography and drug paraphernalia.

Signs and Symptoms of Use:

Normally, the first effects of hallucinogens are experienced thirty to ninety minutes after taking the drug. Hallucinogens are well known to cause hallucinations. In addition to these general effects, different dissociative drugs can produce a variety of distinct and dangerous effects. Below are the general signs and symptoms of use. Following that list, there is a list of signs and symptoms that are unique to each type of hallucinogen.

- Dilated pupils
- Higher or lower body temperature
- Sweating or chills (“goose bumps”)
- Loss of appetite
- Sleeplessness
- Dry mouth
- Dizziness
- Tremors
- Blurred vision
- Clumsiness
- Delusions
- Confusion and trouble concentrating
- Feeling happy and relaxed
- Visual hallucinations
- An artificial sense of euphoria or certainty
- Distortion of one’s sense of time and identity
- Impaired depth perception
- Impaired time perception, distorted perception of the size and shape of objects, movements, color, sounds, touch and the user’s own body image
- Severe, terrifying thoughts and feelings
- Fear of losing control
- Panic attacks
- Flashbacks, or a recurrence of the LSD trip, often without warning long after taking LSD
- Severe depression or psychosis

OTHER SYMPTOMS ASSOCIATED WITH A SPECIFIC HALLUCINOGEN:

LSD

- Numbness, weakness, and tremors
- Impulsiveness and rapid emotional shifts that can range from fear to euphoria, with transitions so rapid that the user may seem to experience several emotions simultaneously

Psilocybin

- Feelings of relaxation (similar to effects of low doses of marijuana)
- Introspective/spiritual experiences
- Individuals who abuse psilocybin mushrooms also risk poisoning if one of many existing varieties of poisonous mushrooms is incorrectly identified as a psilocybin mushroom.
- Indigestion, including abdominal cramping, diarrhea and nausea and vomiting.

Peyote

- Uncoordinated movements (ataxia)
- Profound sweating
- Flushing

DMT

- Agitation
-

Ayahuasca

- Severe vomiting (induced by the tea)
- Profoundly altered state of awareness and perceptions of otherworldly images

PCP

- Numbness to touch, pain or injury; hence, user may be vulnerable to potential life-threatening injuries.
- Mixed nystagmus (Eyeball movements are jerking back and forth). Rotatory nystagmus (eyeballs movements are in a circle like pattern)
- Violent or self-destructive behavior.
- Bizarre behavior that can lead to death from drownings, burns, falls (sometimes from high places), and automobile accidents.
- Psychotic behavior and inability to speak.
- High doses of PCP can also cause seizures, coma, and death (though death more often results from accidental injury or suicide during PCP intoxication).
- Because PCP can also have sedative effects, interactions with other central nervous system depressants, such as alcohol and benzodiazepines, can also lead to coma.

Ketamine

- Can cause sedation
- Immobility
- Amnesia.
- At high doses, ketamine users also report experiencing terrifying feelings of almost complete sensory detachment likened to a near-death experience (called a “K-hole,” similar to a bad LSD trip).

MDMA /Ecstasy

- Unusual in that not only does it produce hallucinations, it also acts as a stimulant (see [Stimulants](#) section).
- MDMA is occasionally known for being taken in conjunction with psychedelic drugs the more common combinations include MDMA combined with LSD, MDMA with psilocybin mushrooms, and MDMA with ketamine. Many users use mentholated products while taking MDMA for its cooling sensation while experiencing the drug's effects. Examples include menthol cigarettes, Vicks VapoRub, NyQuil,^[23] and lozenges.
- In high doses, MDMA can interfere with the body's ability to regulate temperature. On rare but unpredictable occasions, this can lead to a sharp increase in body temperature (hyperthermia), which can result in liver, kidney, or cardiovascular system failure or even death.
- Because MDMA can increase feelings of being very hot, people will drink so much water that they can cause water poisoning. Cases of life-threatening or fatal hyponatremia (excessively low sodium concentration in the blood) have developed in MDMA users attempting to prevent dehydration by consuming excessive amounts of water without replenishing electrolytes.
- The effects of Ecstasy/ MDMA create a heightened sense of sexual desire and increases in the sense of touch. This may encourage unsafe sex, which is a risk factor for contracting or spreading HIV and hepatitis.
- Grinding of the teeth is another symptom of use. Pacifiers or other items are sucked on to prevent the damage of using MDA/Ecstasy

Long-Term Effects of Hallucinogens:

Persistent psychosis:

The psychosis effects of LSD are described as drug-induced psychosis—distortion or disorganization of a person's capacity to recognize reality, think rationally or communicate with others. Some LSD users experience devastating psychological effects that persist after the trip has ended, producing a long-lasting psychotic-like state. LSD-induced persistent psychosis may include dramatic mood swings from mania to profound depression, vivid visual disturbances and hallucinations. The effects may last for years and can affect people who have no history or other symptoms of psychological disorder.

Hallucinogen Persisting Perception Disorder (HPPD) AKA Flashbacks:

Some former LSD users report experiences known as flashbacks and called HPPD by physicians. These episodes are spontaneous, repeated recurrences of sensory distortions originally produced by LSD. The flashbacks can range from being pleasant to feelings of anxiety. The experience may include hallucinations, though usually the flashbacks are visual disturbances such as seeing false motion, trails attached to moving objects, or bright or colored flashes. Flashbacks generally last a minute or two. The condition is persistent and, in some cases, remains for years after the individual has stopped using the drug.

Withdrawal Symptoms:

Psychological withdrawal symptoms are more common than physical symptoms. In the following days after using hallucinogens, the following may be experienced:

- Anxiety /Panic attacks
- Depression
- Cravings
- Fatigue
- Irritability
- Reduced ability to experience pleasure



Various Forms of Ecstasy



LSD Blotter



LSD on Sugar Cubes



Dried Hallucinogenic Mushrooms



Salvia Divinorum Packaged as "Tea"



Mescaline/Peyote Cactus Plant



DMT Crystals

INHALANTS

Forms of the Substance:

Inhalants can be categorized into four different types:

LIQUIDS that vaporize at room temperatures. These are found in numerous easily available household and industrial products including paint thinners, degreasers, gasoline, glues, correction fluids and felt-tip marker fluids.

SPRAYS such as spray paints, deodorant and hair sprays, vegetable oil sprays for cooking and fabric protector sprays.

GASES including medical anesthetics (ether, chloroform and nitrous oxide- commonly called laughing gas), butane lighters, propane tanks, whipped cream dispensers and refrigerants.

NITRITES (a chemical compound found in food preservatives, leather cleaner, room deodorizers, etc.) are considered a special class of inhalants which act directly on the central nervous system, brain and spinal cord. They are used mainly as sexual enhancers and are commonly known as “poppers” or “snappers.”

How It's used:

Abusers of inhalants breathe them in through the nose or mouth in a variety of ways (known as “huffing”). They may sniff or snort fumes from a container or dispenser (such as a glue bottle or a marking pen), spray aerosols (such as computer cleaning dusters) directly into their nose or mouth, or place a chemical-soaked rag in their mouth. Abusers may also inhale fumes from a balloon or a plastic or paper bag. Although the high produced by inhalants usually lasts just a few minutes, abusers often try to prolong it by continuing to inhale repeatedly over several hours. . Other methods used include placing inhalants on sleeves, collars, or other items of clothing that are sniffed over a period of time. Fumes are discharged into soda cans and inhaled from the can or balloons are filled with nitrous oxide and the vapors are inhaled. Heating volatile substances and inhaling the vapors emitted is another form of inhalation. All of these methods are potentially harmful or deadly.

Signs and Symptoms of Use:

- Confusion
- Severe mood swings
- Violent behavior /belligerence
- Euphoria
- Vomiting
- Anxiety, excitability, irritability
- DizzinessSlurred speech
- Drunk, dizzy or dazed appearance
- Inability to coordinate movement
- Hallucinations and delusions
- Hostility
- Apathy
- Impaired judgment
- Unconsciousness
- Severe headaches
- Prolonged sniffing of these chemicals can induce irregular and rapid heartbeat and lead to heart failure and death within minutes.
- Death from suffocation can occur by replacing oxygen in the lungs with the chemical, and then in the central nervous system, so that breathing ceases.
- Slurred speech

What are their long-term effects?

- Muscle weakness
- Disorientation
- Lack of coordination
- Depression
- Memory impairment, diminished intelligence
- Hearing loss
- Bone marrow damage
- Deaths from heart failure or asphyxiation (loss of oxygen)
- Hearing loss
- Limb spasms
- Permanent brain damage
- Bone marrow damage
- Liver and kidney damage
- Possible fetal effects similar to fetal alcohol syndrome
- Weight loss
- Cognitive impairment
- Wide-based ataxic gait

Look For:

Spots or sores around the mouth; Rashes around the nose and mouth; Red or runny eyes or nose; Chemical breath odor; Sleeves of shirts with chemical smells; Plastic cups or other containers that smell like chemicals; Excessive or unusual aerosol can products in someone's possession .

Inhaling Helium Seems Like Fun Until Someone Dies

Most people think it is harmless fun. Inhale helium from a balloon or tank and talk in a squeaky voice. Unless, of course, someone dies. Instead of harmless fun, intentionally inhaling helium is like inhaling other household substances. A person can cut off oxygen supply; or inhale so deeply that it causes an embolism; or the pressurized gas from tanks can literally cause lungs to rupture. Yet, unknowing, adults provide helium for kids parties, and children surf the Web to find instructions.

Recovery Information

Recovery is a lifelong process. Just because your loved one has decided not to use and seek treatment does not mean they will be safe from a relapse. In addition, at times of stress, your loved one may begin to act like they are using again.

What follows is information on Post Acute Withdrawal Syndrome (PAWS); The Stages of Relapse ; and information on what is called in the recovery community King/ Queen Baby Syndrome. These handouts provide insight into the issues those in recovery could face. Knowledge about these topics can help you- help your loved one.

If your loved one is showing signs of one or more of these symptoms, you can reach out to them and share your concerns in a nonjudgmental way. Asking if they are struggling versus accusing them of using can help the person with addiction see that they are in need of some extra help and support through the difficult moment.

In short, the definitions of the syndromes are as follows:

Post Acute Withdrawal Syndrome (PAWS)- A syndrome in which people who have ceased using drugs/alcohol begin to appear as if they are using again. PAWS often shows up when the recovering person is under stress.

Stages of Relapse- A pattern of behaviors and thinking issues that warn the person in recovery that they are on a path that will most likely lead to resuming using again in the near future.

King/Queen Baby Syndrome- Is a common pattern of behavior and thinking issues that show up when a person is not “working a program”. Working a program is the work a person must do on themselves after they quit using drugs/alcohol. Because using stunts a person’s emotional growth, people who quit using need to learn how to handle life’s big issues along with the small irritations that make up “normal” everyday life. When a person is working a program, it means they are looking at themselves and the way they interact with others to bring about positive changes within themselves.

In closing, remember you do not have to do this alone. Seeking therapy for yourself and joining a community based support group such as Al-Anon can give you the support you need. Please feel free to call and talk with one of the Drug/Alcohol Counselors for help. Together we can help make a change.

Post Acute Withdrawal Syndrome (PAWS)

- When we use, our brains actually undergo physical change to cope with the presence of the drug in our body. When we remove the drugs, our brains then demand more to satisfy the desire caused by the changes. The extreme symptoms that we experience immediately after we stop using are called “acute withdrawal.”
- The changes that have occurred in our brains need time to revert back to their original state (to the extent that they ever do). During the period of time while this is occurring, they can cause a variety of problems known as **Post Acute Withdrawal Syndrome (PAWS)**.
- Repairing the damage to our nervous systems usually requires from six months to two years with a healthy program of recovery. PAWS is the cause of most relapse in early recovery.
- PAWS symptoms reach a peak from three to six months after we get clean. Any use of drugs or alcohol, even in small quantities or for a short time, will effectively eliminate any improvement gained over that time, as it will keep the brain from healing.
- Recovery from the damage requires total abstinence from all mind altering drugs. One way to temporarily reverse the symptoms is to use again. This is why people say they need the drug to feel normal. However, this “normal” will not last very long. Managing the symptoms while the brain heals itself is the long term goal.

Symptoms

There are a variety of symptoms. Not everyone will experience all of them. Here are some of the main ones.

Inability to solve problems Inability to solve problems leads to lowered self-esteem. We feel embarrassed, incompetent, and “not okay.” These all add to our stress, and the stress further exaggerates the other problems.

Inability to think clearly Our brain seems to work properly only part of the time. It is due to the simple fact that we are trying to process a lot more information than we did before. Now we are considering the myriad things necessary to truly live our lives.

Inability to concentrate Our attention spans seem to be unable to focus, leading us to believe substances really did help or now we have a mental illness.

Rigid, repetitive thinking Thoughts go around and around in our heads, and we are unable to put them into useful order. We have not yet developed the ability to channel our thoughts and concentrate on one thing at a time.

Memory problems We may hear something, understand it, and 20 minutes later...it's gone! It upsets supervisors, annoys significant others, and makes us wonder if we're losing our minds. We may think, "This sucks! I might as well be high."

Emotional overreaction or numbness People with emotional problems in early sobriety tend to over-react. When this overreaction puts more stress on our nervous systems than we can handle, we react by "shutting down" our emotions. We become emotionally numb, unable to feel anything. We may swing from one mood to another. These mood swings may baffle us, seeming to come without any reason, and may even be misdiagnosed as bipolar disorder.

Sleep disturbances Disturbed sleep is common in recovery. It may last only a short time, or a lifetime. Sleep deprivation stresses the body, prevents our minds from working well, and generally exaggerates any other difficulties we may be experiencing. Sleep aides can help however, be warned they may be just as habit forming and they delay the brains healing process.

Stress Sensitivity Difficulty managing stress is the most difficult part of post acute withdrawal and of early recovery in general. Early on, we may not be able to distinguish between low and high stress situations, because for so many years we managed stress by using mood-altering substances.

Worst of all, the other PAWS symptoms become worse when we are under stress, and this causes the stress to increase! There is a direct relationship between elevated stress and the severity of PAWS. Each amplifies the other.

Difficulty with Physical Coordination PAW can cause dizziness, balance problems, hand – eye coordination, slow reflexes, clumsiness, being accident prone.

Types of PAW

Stable = Experiences the same level of symptoms for a long period of time.

Regenerative= Symptoms gradually improve the longer a person stays clean and sober

Degenerative= Symptoms get worse the longer the person stays clean and sober. This group of people is at high risk of relapse.

Intermittent= Symptoms come and go as stress levels come and go.

Whatever the type, the goal is to learn skills to manage them or make them less intense.

Any of the following may trigger a temporary return or worsening of the symptoms of post acute withdrawal syndrome:

- Stressful and/or frustrating situations
- Multitasking
- Feelings of anxiety, fearfulness or anger
- Social Conflicts
- Unrealistic expectations of oneself
- Too much on your to-do list

Stabilizing our episodes of PAWS

Talk! We need to talk about what's happening, to people who will listen and not criticize us. In addition to badly needed support, it helps us to clarify our feelings, look at them more realistically, and helps us recognize our symptoms. When we force ourselves to tell someone else, we often find that it puts them into order and they begin to make sense.

Get a reality check! We need to ask someone if we are making sense — not just in what we're saying, but also our behavior. We must be sure our perception of what is happening matches up with reality.

Think back... ...over what has happened. How did the episode start? What triggered us? What could we have done to reverse it sooner? Were there other options that might have worked better?

Problem Solve and Goal Set Find a trusted person to help sort out what to do and how to help get back on track.

Exercise Helps the body function better and helps get rid of stress.

Relaxation Techniques Helps manage the internal stress reactions in order to take back control of your thinking process.

Spirituality Use your connections with others and a Higher Power to help walk you through stressful times in life. They happen to everyone making us better at comforting others as well.

Self Defense We are responsible for protecting ourselves from anything that threatens our sobriety. We must identify our own stress triggers. Then we must learn to change them, avoid them, change our reactions, or interrupt the process before our lives get out of control again. If our Aunt Frizzy is blaming us for all the family problems, and letting us know it every chance she gets, we may need to avoid her for a while (a

few years, a life...who knows?) If we find ourselves walking past the beer cooler too often in the store, or past a certain street corner, we need to recognize that, and change our routes through the store and the neighborhood.

Nutrition With our organ systems damaged by alcohol and drugs, we were not—and may still not be—able to absorb nutrients properly. This, combined with our inattention to diet, has created deficiencies that we must deal with. . Unless we consciously improve our diets and properly supply our nutritional needs, the poor eating habits that have carried over from our using days guarantee that we will continue to fail at getting the nutrients needed to recover.

Stages of Relapse

STAGE ONE: Internal Warning Signs

- Difficulty in thinking clearly
- Difficulty in managing feelings and emotions
- Difficulty remembering things
- Difficulty handling stress
- Difficulty sleeping restfully
- Appears clumsy , tripping, falling, dizziness, slow reflexes
- Feelings of shame, guilt, and hopelessness

STAGE TWO: Return of Denial

- Feeling afraid but not knowing of what it is you're afraid of
- Feeling anxious but not knowing of what it is you're anxious about
- Feeling worried but not knowing of what it is you're worrying about

STAGE THREE: Avoidance and Defensive Behavior

- Avoid discussions about drugs/alcohol
- Focusing on others, judging them, pointing out others flaws, gossiping
- Become angry/argumentative when others talk about their flaws or personal issues
- Become compulsive about things, the order in which they must be done, the way things must be done, have rigid schedules and become angry when things don't go the way they want them to be
- Become impulsive. Make choices that normally they wouldn't choose. Outcomes are not even considered before acting on something
- Have numerous reasons they can't be around people and avoid get-togethers.

STAGE FOUR: Crisis Building

- Tolerance to handle stress becomes more and more difficult. Often people are not able to see the "bigger picture" but focus on one small part of their life and ignore other areas in need of attention
- Minor Depression symptoms set in
- Lose a daily schedule and seem to be just living in each moment with no plan. Attention to life's details are forgotten or ignored to the point of consequence ie; not paying bills on time

STAGE FIVE: Feelings of Losing Control

- Feelings that their life is out of control. Small disappointments become huge.

- Inability to tolerate even the smallest issue that comes up.
- Begin daydreaming of escape or magical thinking enters into their lives ie; they may win the lottery and all their problems will be solved
- Have immature reactions to lives problems and see things as not fair
- Wishing for things to be better while complaining about the work that needs to be done in order to bring about those changes

STAGE SIX: Anger and Overreaction

- Easily confused and often misreads situations for the worst
- Angry outbursts become common place
- Even healthy and strong relationships begin to be stressed by their loved ones attitudes and behaviors

STAGE SEVEN: Depression

- There is a lack of desire to take any action
- Begin poor eating habits and making poor food choices
- Begin sleeping at odd times and having trouble sleeping when it is time to sleep. Usually this takes the form of staying up late and sleeping in, which is what past addictive sleep patterns looked like
- Begin to miss work and other important events like AA meetings
- Reject efforts by others to help
- Begin to neglect health, appearance, relationships etc.
- Can't concentrate or make decisions
- Feeling hopeless and powerless to get help

STAGE EIGHT: Loss of Hope

- Self-Pity and feelings of "life is out to get me" takes over
- Loss of self-confidence and/ or a loss in confidence in the ability for anyone or thing to help them
- Discontinues all treatment and support meetings
- Has unreasonable resentments toward others and/ or institutions
- Feels there are no options left other than using again to get rid of the depression and anger
- Feels an overwhelming sense of loneliness, anger, hopelessness, impending doom etc.

STAGE NINE: Actual Use of Drugs/ Alcohol Again

- May try their drug of choice secretly feeling they can control it
- The addiction cycle returns full force
- There is a danger of suicide and overdose at this point
- May need full detox services again at a hospital or live at a residential facility again to get back on track

At any time in this process, the stages leading toward using again can be turned around. Getting in touch with the recovery community and seeing a therapist who has a drug and alcohol license can help your loved one restore the mindset to recovery.

King/Queen Baby Syndrome

King/ Queen Baby Syndrome is when people have an **unwillingness** to accept **frustrations**. Patience, is a foreign idea. People who cultivate this personality trait, throw some kind of royal fit if their needs are not met when and how they want.

This approach or belief in life can be held by people who have addictions and those who do not. This personality trait is particularly destructive when combined with chemicals because it eases the tension the personality trait creates.

King/Queen Baby Characteristics:

- **Either hate or are afraid of those in authority.** Attempts are made to challenge them or show how weak those in authority are. Behind it is often a feeling of inferiority. King babies become a blowhard know-it-all to cover their feelings of inferiority or, they verbally attack and attempt to bring down someone else in order to appear equal to the perceived threat. In some cases they charm the person in authority in attempts to manipulate and feel like they control them.
- **Enjoy intimidating others they feel are beneath them.** Self worth is so shaky, that King babies love to talk about how “stupid, slow,& lazy” people are. They believe they are more intelligent, fast & hard working then most everyone else.
- **Seek constant approval, attention and need to be acknowledged for every perceived self sacrificing behavior.** Behind this is usually the need to feel accepted at all times. When others don’t give them praise, the fear of not appearing special angers them. They become boastful and judgmental of others behaviors that rival their attempts to appear special.
- **Can not accept criticism.** Often there is a fear that they are being judged. Low self esteem is usually behind the fear. This feeling gets converted into anger and defensiveness leading to blaming and fault finding in the person criticizing them. The goal is to get the negative attention off of them and on to someone else.
- **Are rarely satisfied.** If someone gives them an inch they take a mile. If someone has something they want, great lengths are taken to obtain it. Often this is done in unhealthy ways. Often driven to extremes.
- **Are help rejecting complainers.** They see everything that happens as personal. They love to complain but hate it when others try to help them. They give a million excuses as

to why anyone's advice will never work. They enjoy being the martyr as long as they are seen as special for it.

- **Feel unappreciated.** Here they feel everyone should notice them and their efforts. It is about finding external praise and recognition for attempts at growing up. Anger results when others expect them to act appropriately without acknowledging their specialness. Yet they fail to recognize others sacrifices.
- **Make mountains out of molehills.** The belief is that life should always be stimulating and interesting. Boredom is to be feared and avoided. If life is too boring, stirring the pot (even in negative ways) will create some excitement. There is an addiction to chaos.
- **Live in the past while being fearful of the future.** King babies hold onto resentments and bring them up every chance they get. Whether to paint themselves in a good light or to show how they were victimized, the goal is to make sure no one forgets what they endured. Future talk is often avoided because someone might see their flaws. Fear of failure in the future is so scary; they prefer to live in the past.
- **Are chronic blamers.** When things go wrong, panic sets in and the King baby becomes defensive, waiting for others to blame them. They go on the offense and start pointing fingers, blaming anything and everything as to take the focus off themselves. Because they hold resentments, they feel others will do that to them and crush their fragile egos.
- **Are obsessed with money and material things.** They feel their self worth is based on what you have. They hate those who have more than they do and seek to criticize them for some moral failing on their part. Meanwhile, they take the moral high ground themselves. Often they have grand ideas and notions for hitting it big, but have no way to carry out the plan in any way.
- **Have a belief they are superior to most.** As a result rules and laws don't apply to them. They believe rules and laws are for the stupid and weak. They often feel they can outsmart the legal system and teach them a lesson about morals in the process.
- **Can not tolerate other's mistakes.** They feel others should be mindful and perform at top notch levels at all times. They, in turn, fail to see their own shortcomings and matter of fact use denial or blame when caught themselves making a mistake.
- **They hold in emotional pain so well they lose touch with it.** King babies are really very sensitive people. They have such a fear of emotional pain they convert it into anger or push it down so far inside they don't recognize they are in pain. Ironically, they notice it in others quickly, use it to hurt them, and label it as weak when they themselves can't bear to feel it.

Ways to Combat King/Queen Baby Syndrome:

Ask others to point out King/ Queen Baby behaviors to note problem areas.

Work with a therapist to help with Self Esteem issues, Past Resentments, Past Traumas, Trust Issues etc.

If you have a Higher Power work on concepts that relate to your belief system regarding forgiveness, humility, shame, guilt, etc.

Attend some form of meeting or group gatherings to connect with others both considered addicts and non addicts.

Learn social skills.

Learn relaxations skills.

Learn about other cultures and other belief systems to become more tolerant and to discover what your belief systems are really all about.

Use the addictive type personality to do something positive.

Create excitement for someone else secretly.

Allow yourself to cry.

Give away money or material things to someone who really needs it.

Make daily goals that involve only you.

Go on a silence diet for one day. (Don't speak or use any spoken word to communicate. Only observe others).