

Drug and Alcohol Abuse

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Percentage of high school seniors reporting they could
obtain drugs fairly easily or very easily:
Source DEA 2014 Drug Threat Assessment

Marijuana	80.0 %
Amphetamines	47.9%
Cocaine	18.1%
Crack	23.6%
Controlled Prescription Drugs	63.2%
Heroin	34.0%
Crystal methamphetamine	40.6%
PCP	20.6%

The Effects of Using:

Source : Samhasa

- ❑ The more a student uses alcohol, marijuana, or other illicit drugs, the lower his /her grade point average is likely to be.
- ❑ Frequent users are 5x more likely to drop out of school altogether than other students.
- ❑ Alcohol abusers are 4x more likely to cut classes or skip school, marijuana abusers 6x more likely.
- ❑ Alcohol abuse over time can reduce brain size – the hippocampus (responsible for learning and memory) shrinks roughly 10%, severely jeopardizing school performance, and damage to the prefrontal cortex can hinder an individual's decision-making ability.
- ❑ Three drinks for a teen drinker takes a far higher toll than for an older drinker (25% greater impairment).
- ❑ Students who sell drugs or use them early are much more likely to engage in violent behavior than others.
- ❑ Teen smoking is related to depression and anxiety disorders, damaging school performance and the teenager's long-term health.
- ❑ Smoking also appears to hurt college planning. About twice as many sophomores with no plans to attend college smoke versus those who have college plans. Only 31 % of college-bound seniors smoke versus 47% of those with no plans to go to college.

The Controlled Substances Act (CSA) Regulates Five Classes of Drugs:

- Narcotics
- Depressants
- Stimulants
- Hallucinogens
- Steroids

Source: U.S. Department of Justice
Drug Enforcement Administration

Narcotics

Class includes opium, opium derivatives, heroin, oxycodone, vicodin, codeine, hydromorphone, morphine, methadone and fentanyl.

Common street names include; smack, horse, junk, paregoric, MPTP, hillbilly heroin, oxies, juice.

Withdrawal symptoms include watery eyes, runny nose, yawning, irritability, loss of appetite, nausea, intense craving for the drug, severe depression, vomiting, increased heart rate and blood pressure, alternating chills and sweating.

Overdoses are not uncommon and can be fatal. Signs include constricted pupils, cold clammy skin, confusion, convulsions, extreme drowsiness, slowed breathing and unconsciousness. Call 911 from a landline if overdose is suspected.

Heroin

Heroin is a highly addictive drug and the most rapidly acting of the opiates. It is processed from Morphine, a naturally occurring substance extracted from the seed pod of certain varieties of poppies grown in Southeast and Southwest Asia, Mexico and Columbia. It is typically sold as a powder and can be snorted, smoked or injected after being “cooked”. Effects are immediate and include a “rush” followed by euphoria, impaired mental functioning, constricted pupils, slowed respiration and a twilight state of sleep and wakefulness. The most significant effect of heroin use is addiction. Because users cannot know the actual strength of the drug overdose is common.

Aka: Smack, dope, big H, horse, H, junk.

Heroin use is increasing rapidly across all demographic groups and currently (2015), the death rate from heroin overdose in New Jersey is more than triple the rate of every other state in the nation. The FBI reports the heroin in New Jersey is now the purest it's ever been.

Stimulants

Class includes amphetamines (Adderall and Dexedrine), methylphenidate (Concerta and Ritalin), diet aids (such as Didrex, Bontril, Preludin, and Meridia) and illicitly manufactured drugs such as methamphetamine, cocaine, crack cocaine and methcathinone.

Common street names include bennies, black beauties, coke, crank, ice, r-ball, snow, speed and uppers.

Taken in the form of pills, powder, rocks and injectable liquids and can be swallowed, smoked, snorted or injected which produces a sudden sensation known as a “rush”.

Side effects include dizziness, tremors, headache, sweating, vomiting, chest pain with palpitation and abdominal cramps. In overdose, unless there is medical intervention, high fever, convulsions and cardiovascular collapse may precede death.

Tobacco

Over 300,000 Americans die each year as a direct result of nicotine use. Smoking is the nation's most prevalent addiction. About one sixth of Americans are dependent on Nicotine. Nicotine is generally the first substance that adolescents experiment with.

The CDC reported in April 2015 that E-cigarette use among high school students in the U.S. increased from 4.5 % in 2013 to 13.4% in 2014, representing approximately 2 million students. Hookah smoking roughly doubled in the same time period.

The Surgeon General's 2012 Report found that about 90% of all smokers first tried cigarettes as teens, and that about three of every four teen smokers continue into adulthood.

Cocaine

Cocaine is an intense, euphoria-producing stimulant drug with strong addictive potential. It is derived from the leaves of the coca plant grown in Bolivia, Peru and Columbia where about 90% of the cocaine powder reaching the U.S. is produced. It can be snorted as powder or injected once dissolved in water. Base “crack” cocaine is smoked.

The effects of cocaine include euphoria, excitation and alertness. The crash that follows is characterized by mental and physical exhaustion, depression and an intense craving for the drug.

Aka: coke, flake, blow.

As per the EPA/2014 Drug Threat Assessment Survey data, there has been a decrease in adolescent cocaine abuse. The data shows a significant overall decrease in reported lifetime and annual cocaine use among 8th, 10th and 12th graders since 2004.

ADD & ADHD Medication Abuse

Common medications: Ritalin, Adderal, Concerta, Stratera

These medications are stimulants and are most commonly abused by individuals who do not have ADD or ADHD. They increase alertness, attention and weight loss.

Depressants

Class includes alcohol, barbiturates (butalbital, phenobarbital, seconal, nembutal), benzodiazepines (valium, xanax, rohypnal, halcion, restoril, librium and ativan) as well as GHB (sodium oxybate).

Common street names include barbs, benzos, downers, liquid x, R2, reds, rooffies, tranks and yellows. Come in the form of pills, syrups and injectable liquids. Individuals abuse depressants to experience euphoria or to counteract a stimulants' side effects.

Side effects include slurred speech, loss of motor coordination, weakness, headache, dizziness, nausea, vomiting, low blood pressure and slowed breathing. Overdose effects occur with high doses of barbiturates and/or benzodiazepines or use of them with alcohol or other drugs and can slow heart rate and breathing enough to cause death. Withdrawal from depressants can be life threatening.

Marijuana

Marijuana is a mind altering, psychoactive drug produced by the Cannabis Sativa plant. It contains over 480 constituents. THC (tetrahydrocannabinol) is the main ingredient that produces the psychoactive effect and is what most labs test for. Side effects include euphoria, disinhibition, relaxation, increased sociability, impaired judgement, reduced coordination and enhanced sensory perception. Side effects at higher doses include time distortion, an increase in risk taking behavior, agitation, paranoia, anxiety and short term memory impairment.

Marijuana is the most commonly abused drug in the U.S. More people use marijuana than all other illicit drugs combined and availability levels are extremely high. Abuse of marijuana concentrates (“wax”, “honey oil” etc.) is rapidly increasing. These concentrates have a THC content of 52-80% while the THC content of leaf marijuana is 12-17%. Highly flammable butane gas is used to extract THC from the marijuana leaf. They can be abused using e-cigarettes or consumed in edibles. There was a 62% increase in marijuana related ER visits between 2004 and 2011 and were second only to cocaine related visits.

Alcohol

Alcohol is a depressant derived from the natural fermentation of fruits, vegetables and/or grains. Physical responses include altered perception, loss of coordination, impaired judgement, dizziness, nausea and vomiting. An overdose can cause unconsciousness and respiratory failure leading to death.

Currently it is estimated that 8-10% of Americans are alcohol dependent. 40-50% of all fatal car accidents involve alcohol and the rate is higher for adolescents. It is estimated that by 8th grade 28% of adolescents have tried alcohol.

Hallucinogens

Are found in plants and fungi (LSD) or are synthetically produced. Used for their ability to alter human perception and mood this class of drugs includes PCP, ecstasy/MDMA, K2/spice (synthetic marijuana), ketamine (a synthetic dissociative anesthetic), LSD, peyote/mescaline (derived from the peyote cactus), and psilocybin (a chemical obtained from certain types of mushrooms).

Common street names are mollies, molly, acid, blotter, cubes, fry, mind candy, mushrooms, shrooms, special K, X and XTC. Hallucinogens come in a variety of forms; MDMA or ecstasy tablets are sold in many colors with a variety of logos to attract young users. LSD is sold in the form of impregnated paper squares (blotter acid) typically imprinted with colorful graphic designs. Deaths from overdose of LSD, mushroom and mescaline are rare. An overdose of PCP or Ketamine can result in coma, seizures and death due to respiratory arrest.

Inhalants

- ❑ Common household products that produce chemical vapors that are inhaled to induce psychoactive or mind altering effects.
- ❑ There are more than 1,000 products that are very dangerous when inhaled. Examples of commonly abused products include air conditioning refrigerant, spray paint, aerosol cleaning supplies and air freshener.

Symptoms: Slurred speech, lack of coordination, dizziness, lightheadedness, hallucinations, delusions, loss of control. lingering headache, confusion, nausea and burns around the mouth.

- ❑ Inhalants often contain more than one chemical. Some leave the body quickly while others can be absorbed by fatty tissue in the central nervous system and brain

Ecstasy

Ecstasy or MDMA is a synthetic substance that acts as a stimulant and a hallucinogen producing an energizing effect, distortions in time and perception and greatly enhanced enjoyment of tactile experiences.

Aka: MDMA, Ecstasy, XTC, E, X, beans, adams, Hug Drug

Side Effects:

Euphoria, feelings of closeness, empathy and sexuality. Some unwanted side effects include confusion, depression, anxiety, paranoia, sleep problems and drug craving all of which usually occur 30 to 45 minutes after ingestion and usually last 4 to 6 hours. A sore jaw due to involuntary jaw clenching is often a side effect of Ecstasy use.

Someone who is using Ecstasy may have items which appear quite innocent, but may be linked to the drug's use. Pacifiers and lollipops are often used to help users control teeth grinding that comes from involuntary jaw clenching. Candy necklaces and bags of small candy may be used to disguise tablets.

Over-The-Counter Drug Abuse (OTC)

There are over 120 OTC drugs that can be abused. These include caffeine stimulants (No-Doz), antihistamines (Benadryl), decongestants (Sudafed), weight loss medications (laxatives), sleep aids, motion sickness medications (Dramamine) and cough medicines (Dextromethorphan).

Taken in excess these medications produce a high that was never intended by manufacturers. At levels above the recommended dosage Dextromethorphan or DXM, the active ingredient in many cough syrups, can produce a dangerous dissociative high similar to PCP. Some cough syrups containing DXM also contain decongestants, which when abused, can cause reduced oxygen to the brain.

Side effects of abuse of OTC medications include dizziness, poor memory and coordination, nausea, sense of calm, hallucinations and sleep disturbances.

Steroids

Anabolic steroids are synthetically produced variants of the naturally occurring male hormone testosterone that are abused in an attempt to promote muscle growth, enhance athletic or other physical performance and improve physical appearance. The doses abused are often 10 to 100 times higher than the approved medical treatment doses.

Aka: Arnolds, gym candy, roids, stackers, juice

Side effects include severe acne, male-pattern baldness, oily skin and hair, stunted growth when abused in early adolescence, extreme irritability, facial hair growth and deepened voice in females and breast development in males.

EMERGING DRUGS OF CONCERN

Fentanyl - A powerful synthetic opiate analgesic similar to but more potent than Morphine. Medicinally it is used to treat patients with severe pain. It works by binding to the brain's opiate receptors. Recently there has been a dramatic increase in Heroin related overdoses in New Jersey. This has been attributed to the increased purity of the Heroin as well as dealers' emerging practice of mixing Fentanyl with the Heroin to produce a less expensive, more powerful "high".

Designer Cathinones or Bath Salts- Synthetic chemical stimulants often found in a number of retail products. The chemicals are synthetic derivatives of Cathinone, a central nervous system stimulant which is an active chemical found naturally in the Khat plant. Mephedrone and MDPV are the Cathinones used most frequently. Bath Salts can be snorted, taken orally, smoked or made into a solution and injected intravenously. Use causes agitation, depression, delusions, paranoia, suicidal thoughts, reduced motor control and seizures which often lead to death.