

Commonly Abused Drugs

- Marijuana.
- Cocaine.
- Alcohol.
- Depressants (valium, librium, xanax, serax etc.).
- Amphetamines (dexedrine, ritalin, methedrine).
- Heroin and Other Opiates (heroin, morphine, codeine).
- Inhalants (plastic cement, lighter fluid, ether etc.).
- Hallucinogens (PCP, LSD, Designer Drugs).

Marijuana

- THC or delta-9-tetra-hydrocannabinol
 - Grass, pot, weed, ganja, doobie, reefer, Mary Jane.

Type of Drug

- Derived from the hemp plant Cannabis Sativa.

How Taken

- Smoked or sometimes used in food (brownies).

Effects

- Euphoric feeling; increased sense of well-being.
- Lack of motivation, lowered inhibitions, talkativeness.
- Dry mouth and throat.

Marijuana - Continued

- Increased appetite - "munchies".
- Impaired coordination, concentration, and memory
- Increased heart rate.

Dangers

- Deteriorating performance at work or at school.
- "Burn out" involving muddled thinking.
- Acute frustration, depression, and isolation.
- Impaired sexual development and fertility.
- Production of abnormal sperm.
- Menstrual irregularities.
- Damage to the lungs and pulmonary system

Marijuana - Continued

- One joint equal to 25 commercial cigarettes in this regard.
- Impaired ability to operate machinery and vehicles.
- Hallucinations and paranoia in high doses.
- Increased risk to safety and health at work.
- Increased accident rates at work.
- Prolonged use can lead to psychological dependence.
- Can be a "gateway" to more serious drugs.

Cocaine

- ☑ Cocaine hydrochloride

 - Coke, blow, snow, toot, flake.

Type of Drug

- ☑ A highly potent organic stimulant derived from the coca plant.

- ☑ A white crystalline powder sometimes cut/diluted with sugar.

Other Forms

- ☑ Crack, an expensive purified form of cocaine.

 - Known to show signs of clinical addiction after one use.

- ☑ Freebase, is formed by heating pure cocaine, mixing it with ether and sodium bicarbonate and smoking it.

Cocaine - Continued

How Taken

- ☑ Sniffed or snorted through the nose (cocaine)

- ☑ Smoked (crack)

Effects

- ☑ Brief but intense feelings of euphoria and competence.

- ☑ Stimulates the central nervous system.

- ☑ Increases pulse, blood pressure, body temperature.

- ☑ Increases respiratory rate.

- ☑ Sleeplessness and chronic fatigue.

Cocaine – Continued

Dangers

- Bleeding and other damage to nasal passages.
- Paranoid psychosis, hallucinations, mental abnormalities.
- Impaired ability to operate machinery and vehicles.
- Death caused by heart or respiratory failure.
- Injury or death caused by freebasing (volatile when heated).

Alcohol

- Ethyl alcohol (liquor, cocktails, spirits, booze).

Type of Drug

- Acts as a depressant on the central nervous system.
- A psychoactive ingredient in beer, wine, and distilled liquor.

How Taken

- Consumed in drinks but can be used in cooking as well.

Effects

- Initially acts as a stimulant, invigorates thought and activity.
- Eventually acts as a depressant.
- In higher doses causes aggressive tendencies.

Alcohol - Continued

- In higher doses causes aggressive tendencies.
- In extremely high doses causes sedation and coma.
- Causes reddening of the eyes.
- Impairs the ability to use self-control.
- Impairs memory, coordination and driving ability.

Dangers

- Safe if used in moderation by otherwise healthy people.
- Impaired ability to operate machinery and vehicles.
- Blackouts or memory loss from minutes to days.
- Can damage the liver, heart, pancreas, gastrointestinal tract.
- Can increase susceptibility to disease.

Depressants

- Three groups; Benzodiazepines, Barbiturates, Methaqualone.
- Benzodiazepines: Valium, Librium, Xanax, Tranxene etc.
 - Tranquilizers, sleeping pills.
- Barbiturates: Seconal, Nembutal Amytal, Butisol, Tuinol etc.
 - Downers, barbs, goofballs, blues, yellows, reds, etc.
- Methaqualone: Quaalude, Hymnal, Mandrax, Parest, Ect.
 - Ludes, sopors, 714s

Type of Drug

- Synthetically produced legal drugs often prescribed.
- Distribution is controlled by the FDA.

How Taken

- Consumed orally, can be injected into the bloodstream.

Depressants - Continued

Effects

- Produces sedation and/or sleep
- Lessens tension, anxiety, and irritability.
- Can cause confusion, slurred speech, depression.
- Can cause lack of coordination, loss of motor control.
- Can cause disorientation, and suicidal behavior.

Dangers

- Safe if properly prescribed to otherwise healthy people.
- Impaired ability to operate machinery and vehicles.
- In extremely high doses causes sedation, coma and death.

Amphetamines

- Dexedrine, Biphedamine, Ritalin, Preludin Methedrine.
- Benzodiazepines: Valium, Librium, Xanax, Tranxene etc.
- Barbiturates: Seconal, Nembutal Amytal, Butisol, Tuinol etc.
- Methaqualone: Quaalude, Hymnal, Mandrax, Parest, Ect.
 - Speed, uppers, bennies, dexies, black beauties, pep pills etc.

Type of Drug

- Chemically manufactured drugs.
- Stimulants of the central nervous system.

How Taken

- Consumed orally, injected, or inhaled into the nose.

Amphetamines - Continued

Effects

- Produces feelings of alertness and euphoria.
- Increases heart rate and blood pressure.
- Dilates the pupils of the eyes.
- Decreases appetite.
- Causes distorted thinking.
- Enables sleeplessness for relatively long periods of time.

Dangers

- Dizziness, headaches, blurred vision, and sweating.
- Loss of coordination, tremors, convulsions, and collapse.
- Anorexia and malnutrition resulting from decreased appetite.

Amphetamines - Continued

Dangers

- Nervousness, irritability, and drastic mood swings.
- Hallucinations, paranoia, physical collapse.
- Brain deterioration.
- Sudden blood pressure increases from injections resulting in:
 - Fever.
 - Stroke.
 - Heart failure.
- Continued heavy use can be fatal.

Heroin/Other Opiates

- Heroin (smack, junk, brown sugar, dope, horse, skunk etc.).
- Morphine (mud, M, dope, morpho).
- Codeine (schoolboy, coties).

Type of Drug

- Derived from the resin of the poppy plant.
- Acts as a depressant on the central nervous system.

How Taken

- Heroin - Injected, snorted, or smoked.
- Codeine and morphine are usually injected or taken orally.

Heroin/Other Opiates - Continued

Other Forms

- Opioids, synthetic substitutes, have similar effects.
 - Darvon, demerol, meperidine and methodone.
 - Methodone is legally prescribed for heroin treatment.
 - Methodone can also be addictive.

Effects (general)

- Short-lived state of euphoria, followed by drowsiness.
- Slowed heart rate, breathing, and brain activity.
- Depressed appetite, thirst, reflexes, and sexual desire.
- Increased tolerance for pain.
- Impairs memory, coordination and driving ability.

Heroin/Other Opiates - Continued

- Dangers

- Extreme addiction and withdrawal.
- AIDS, blood poisoning, and hepatitis from shared needles.
- Impaired ability to operate machinery and vehicles.
- Death resulting from injection of impure heroin.
- Death resulting from injection of high purity heroin.
- Convulsions, coma, or death from overdose.

Inhalants

- Street Names: Plastic cement, fingernail polish remover, lighter fluid, nitrous oxide, ether, hairspray, insecticides, and cleaning fluid.

Type of Drug

- Breathable substances that produce psychoactive effects.

How Taken

- Inhaled into the nose or mouth.

Effects

- Short-term
 - Short-lived high resulting in dizziness & lightheadedness.

Inhalants - Continued

- **Effects**

- Short-term (continued)**

- - Can cause sneezing, coughing, runny nose, nose bleeds.
- - Can cause nausea, abnormal heart rhythm and chest pain.
- - Can causes impaired coordination, balance and judgment.

- Long-term**

- - Liver, nerve, and brain damage.
- - Heart failure, respiratory arrest, suffocation, coma and death.



Inhalants - Continued

- **Dangers**

- Death can result when high concentration replace oxygen**

- in the lungs suppressing the CNS causing breathing to
- stop.

- Brain damage from prolonged use.**



Hallucinogens

- ☑ PCP or Phencyclidine is a synthetic drug.
 - Called: Angel dust, rocket fuel, zombie, krystal joints etc.
- ☑ LSD or Lysergic Acid Diethylamide is made from lysergic acid.
 - Called: Acid, fry, microdot, white lightning etc.
- ☑ Ecstasy or Methylenedioxy Methamphetamine.
 - Called: X, XTC, disco biscuits, scobie snacks.
- ☑ Psilocybin is the active ingredient in the psilocybe mushroom.
 - Called: Magic mushrooms, shrooms etc.
- ☑ Peyote and Mescaline are active ingredients in peyote cactus.
 - Called: Mesc, buttons etc.

Hallucinogens - Continued

Type of Drug

- ☑ Hallucinogens distort a person's sensation, thinking emotions and perceptions.

How Taken

- ☑ Consumed orally, injected, or inhaled into the nose.
- ☑ Cigarettes also can be dipped into liquid PCP and smoked.

Effects

- ☑ Distortion of reality, may report "seeing sounds".
 - May report "hearing colors".

Hallucinogen - Continued

Dangers

- Flashbacks - a recurrence of psychedelic effects after use of the drug ceases.
- Severe mood swings and paranoia.
- Impaired thinking and judgment leading to irrational behavior.
- Unexpected and unexplained outbursts of violence.
- Genetic changes.
- Depression, sometimes coupled with suicidal tendencies.



Resources

- Alcoholics Anonymous.
- Alateen (for children of the user).
- Adult Children Of Alcoholics (ACOAs).
- Narcotics Anonymous.
- Nar-Anon (family and friends)
- Drug Treatment Center
- Cancer Society
- Lung Associations
- County or State Addiction or Mental Health Agencies
- County/Victim/Mental Health Hotlines
- EAP / Employee Assistance Program

