

**CANNABIS**, marijuana or hashish, is the most widely used illicit drug. Its main active chemical is delta-9 tetrahydrocannabinol, or THC. Today, much of the marijuana tested has THC levels over 20 times higher than in the 1960s. Marijuana is psychologically addictive and long-term use leads to Amotivational Syndrome.

**DEPRESSANTS** slow down the central nervous system and all body functions. Depressants cause euphoria and calm, and they decrease inhibitions. Some depressants are used medically as tranquilizers and anti-convulsants. Depressants can cause addiction with painful withdrawal.

**STIMULANTS** speed up the brain and the body. Stimulants cause temporary excess energy, a false sense of power, and erratic behavior. They are rapidly addicting. Stimulants include cocaine (both powder and crack), prescription amphetamines, and methamphetamine. Ecstasy (MDMA) is a stimulant with hallucinogenic properties.

**NARCOTICS**, also called opioids, are derived from the opium poppy. This group includes fentanyl, heroin, morphine, hydrocodone, oxycodone, and codeine. Except heroin, narcotics are used medically as pain killers. Narcotics block pain, produce euphoria, and are highly addictive.

**HALLUCINOGENS** or psychedelic drugs, cause users to see, hear, and sense things that do not exist. The most common hallucinogen is LSD or "Acid." Others include psilocybin mushrooms, peyote/mescaline, Ketamine, and PCP. Long-term hallucinogen use can lead to persistent psychosis or even Hallucinogen Persisting Perception Disorder (HPPD). HPPD causes flashbacks to past drug-induced hallucinations and can occur without warning even years after use has stopped.

**INHALANTS** include hundreds of ordinary household products and medical gases. Abusers concentrate their fumes and inhale them to feel intoxicated. Abusers tend to believe that the products are safe. Actually, they cause major organ and tissue damage and are responsible for Sudden Sniffing Death Syndrome, which can kill on the first use.

**SYNTHETIC DRUGS** are chemical compounds produced in a lab that are commonly divided into two categories. The first are cannabinoids such as K2 and Spice. Synthetic Cannabinoids are chemicals that mimic the effect of THC, the primary psychoactive active ingredient in marijuana. The second are stimulants such as Bath Salts. Most synthetic stimulants contain chemical compounds that mimic the effects of cocaine, LSD and methamphetamine.








## KNOW YOUR ENEMY...

Every year, drug and alcohol abuse costs over \$700 billion, causes over half a million visits to emergency rooms, and kills thousands. In this country more than 53 million people used drugs in 2018, and about 16.3 million people are dependent on alcohol.

Being familiar with the names and effects of common drugs is the critical first step in preventing or reducing drug abuse.

# D.O.A.

## DRUGS OF ABUSE

	DRUGS	COMMON NAMES	METHODS OF USE	PSYCHO/PHYSICAL EFFECTS	LONG TERM EFFECTS	OVERDOSE
<div>  <b>CANNABIS</b> </div>	MARIJUANA	Weed, pot, grass, bud, joints, bong hits	Smoked or ingested	Poor concentration Short-term memory loss Anxiety Increased appetite	Psychological addiction Impaired memory Low motivation Lung or oral cancer	No single use of cannabis will cause overdose. Damage occurs over time.
	HASHISH	Weed, pot, grass, bud, joints, bong hits	Smoked or ingested			
<div>  <b>DEPRESSANTS</b> </div>	ALCOHOL	Beer, wine, distilled spirits	Ingested	Disorientation Poor coordination Slurred speech Headache Nausea, vomiting, and diarrhea Unconsciousness	Addiction Sleep disturbances Brain damage Heart disease Liver disease Cancers Death	Unconsciousness Slowed heart rate Brain damage Liver failure Coma Seizures Death
	BENZODIAZEPINES	Xanax, Valium, Halcion, BZDs, benzos	Ingested			
	BARBITURATES	Luminal, Seconal, Barbs, downers	Ingested			
	ROHYPNOL	Roofies, forget-me-pill	Ingested or snorted			
	GHB (Gamma hydroxybutyrate)	Grievous bodily harm, G, liquid x	Ingested			
<div>  <b>STIMULANTS</b> </div>	COCAINE / CRACK	Coke, blow, crack, rock	Snorted, smoked, or injected	Increased alertness False sense of power Hallucinations (MDMA) Itchy skin Compulsive tooth grinding Nausea Insomnia	Addiction Nasal damage (Cocaine) Tooth decay Heat stroke (MDMA) Liver and kidney damage Brain damage Heart failure	Elevated body temperature Dehydration (MDMA) Hallucinations Heart failure Stroke Death
	AMPHETAMINES	Speed, uppers, cross-tops	Ingested			
	METHAMPHETAMINE	Meth, crystal, speed, crank, ice	Snorted, smoked, or injected			
	MDMA (methylene dioxy methamphetamine)	Ecstasy, X, XTC, the club drug, the love drug, rolls, Adam, Molly, the hug drug, lovers' speed	Ingested			
<div>  <b>NARCOTICS</b> </div>	HEROIN	Dope, smack, stuff, horse, junk	Injected, snorted, or smoked	Confusion Drowsiness Blocked pain messages Slowed breathing and heart rates Nausea and vomiting Itching Constipation	Addiction Insomnia Arthritis Increased risk of HIV/AIDS and hepatitis Possible death	Loss of consciousness Tremors Slow, shallow breathing Clammy skin Convulsions Coma Death
	MORPHINE	Roxanol, Duramorph, M, Miss Emma	Injected, snorted, or smoked			
	PRESCRIPTION PAIN RELIEVERS	Fentanyl, Vicodin, codeine, Percodan, Demerol, OxyContin, oxy, oxycotton, percs, hillbilly heroin	Injected, ingested, or snorted			
<div>  <b>HALLUCINOGENS</b> </div>	LSD (lysergic acid diethylamide)	Acid, microdot, blotter, tabs	Ingested	Sensing imaginary things Anxiety Nausea Sense of indestructibility (PCP) Chills and sweating Trembling Elevated body temperature	Depression Memory loss (PCP) Speech difficulties (PCP) Flashbacks Violence Psychosis Amnesia	Depression Irrational behavior Violence Psychosis Delirium Amnesia
	KETAMINE	Special K, vitamin K, cat tranquilizers	Ingested, snorted, or injected			
	MESCALINE/PEYOTE	Buttons	Ingested			
	PCP (Phencyclidine)	PCP, angel dust, super weed, killer weed	Ingested, smoked, or injected			
	PSILOCYBIN MUSHROOMS	Mushrooms, shrooms	Ingested			
<div>  <b>INHALANTS</b> </div>	ADHESIVES, SOLVENTS, AEROSOL SPRAYS, MEDICAL GASES	Poppers, snappers, huffing, glue, laughing gas, rush	Sniffing or inhaling	Headaches Nausea and vomiting Red or blistered nose and mouth Limb spasms Lost control of bladder and bowels	Damaged senses Muscle weakness Nerve damage Blood disease Damage to brain, liver, and kidneys	Death by asphyxiation/suffocation Death by sudden heart failure
<div>  <b>SYNTHETIC DRUGS</b> </div>	CANNABINOIDS	K2, Spice, Yucatan Fire, Skunk, Blaze, Bliss	Smoked or ingested	Severe agitation and anxiety Racing heartbeat High blood pressure Intense hallucinations/paranoia Psychotic episodes Suicidal thoughts Violent behavior Nausea/Vomiting	Violent and irrational behavior Confusion Paralysis Renal Failure Liver Failure Breakdown of skeletal muscle tissue Brain swelling	Death
	STIMULANTS	Bath Salts, Flakka, Gravel	Snorted, Injected, or Ingested			