



# Drug Information

## Drug Information



## Paraphernalia of Possible Use

A variety of drug related paraphernalia is an essential part of the rave-subculture. Many of these things are used by ravers as a means to advertise their participation in the party. This paraphernalia not only offers ravers a sense of belonging, but also serves other purposes such as physical and mental stimulation (when on the drug), covering up the drug, keeping hydrated, etc.

- **Lollipops and Pacifiers**

- For involuntary teeth grinding caused by the drug

- **Vicks Inhalers, Glow Sticks, Painter's Masks**

- To intensify the stimulation and effect of drug

- **Water Bottles**

- To keep hydrated or hide ecstasy in its liquid state

- **Candy or Vitamin Containers, Candy Necklaces**

- To hide or disguise the tablets

- **Flyers**

- Upcoming raves are announced through flyers with intricate, elaborate designs, psychedelic, and 3-D images that are often collected by frequent party-goers. These flyers are found at record and alternative shops, as well as other raves. They announce details about the party such as where it is, who is deejaying, directions and other related information.



## In Hawaii and Nationally

- In 2005 U.S. hospitals surveyed reported 10,752 nationwide emergency room visits where ecstasy was involved.
  - 18-20 year olds were the largest age group admitted.
- Among high school students surveyed nationally in the 2004 Monitoring the Future study, 8% of 12th graders, 4% of 10th graders, and 3% of 8th graders reported using Ecstasy at least once in their life.
- According to the 2007 National Youth Risk Behavior Survey, 5% of Hawai'i high school students tried ecstasy at least once.
- Ecstasy use is rising among the large military population in Hawaii and it is considered the major drug use issue affecting active duty military in the state.

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COALITION FOR A  
**Drug-Free Hawaii**  
Prevention Through Education

All information was compiled by the Prevention Resource Center of Drug-Free Hawaii for educational purposes only. Sources: Honolulu Advertiser; ONDCP; NIDA; Join Together On-line; NIDA Media Advisory 12/21/98; Drug Enforcement Administration; DAWN 2005 Report; YRBSS 2007.

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# ICE

## ...A HIGHLY ADDICTIVE FORM OF METHAMPHETAMINE



### FACTS ON ICE:

- Ice is the street name for *smokable* methamphetamine
  - Smoking meth delivers a very concentrated dose of drug which often causes irreversible damage to the lungs & brain.
- Ice (for the most part), is a clear crystal that looks like chipped ice, rock candy or Hawaiian salt.
- Other names for Ice include: **Crystal, Meth, Clear, Ice Cream, Shabu, Crank, and Batu.**
- In 2007 a pound of ice cost \$45,000 in Hawai'i.
- An Ice high, depending how often it's used, is said to last anywhere from 7 to 24 hrs.
  - Smoking ice will give the user an almost instant high.
- Ice is one of the purest forms (90-100%) of methamphetamine, and made with the harshest, most lethal chemicals.



Ephedrine & Pseudoephedrine (cold medicine); Acetone (nail polish remover); Toluene (brake cleaner); Sulfuric Acid (drain cleaner); Ether (engine starter); Methanol/Alcohol (gasoline additives); Lithium (battery acid); Anhydrous Ammonia (farm fertilizer); Red Phosphorous

**CAUTION: ICE INGREDIENTS CHEMICAL SPILL - CAUTION: ICE INGREDIENTS CHEMICAL SPILL - CAUTION**



(matches/road flares); Sodium Hydroxide (lye); Muriatic Acid (chemical stripping agent); Formaldehyde (body embalming agent); Iodine; ETC.

### BEHAVIORAL SIGNS OF USE

- Hyperactive and obsessive-compulsive
- Confused and anxious
- Binge and crash cycle (users will go for days without sleep, then *crash* and sleep for long periods of time)
- Suicidal/homicidal ideals and actions
- Uncontrollable scratching, or skin picking
- Irritable, aggressive, violent behavior
- Burned fingertips from the "Ice-pipe"
- Criminal acts to support habit
- Avoids socializing
- Stops eating healthy altogether
- Poor Hygiene

### PHYSICAL SIGNS OF USE

- Increased blood pressure/body temperatures (106° and higher), and cold sweats
- Dangerous weight loss and malnutrition
- Shakes, nausea and stomach cramps
- Extreme depression
- Insomnia
- Paranoia, panic attacks
- Tooth decay (due to harsh chemicals being inhaled, involuntary teeth grinding, and poor hygiene)
- Skin ulcerations, sores in mouth
- Dilated pupils
- Chemical body odor and breath
- Auditory & visual hallucinations
- Severe constipation and/or diarrhea

### PARAPHERNALIA



GLASS PIPES, BUTANE LIGHTERS, EMPTY MINI ZIPLOC BAGS WITH WHITE POWDER RESIDUE. CUT STRAWS AND TIN FOIL WITH BURN MARKS AND WHITE RESIDUE. SCRAPING DEVICES, SYRINGES, BURNED SPOONS, ETC.



# NEGATIVE CONSEQUENCES OF USING ICE



**Irreversible damage to brain and lungs  
Stroke, heart-attack**

**Highly Addictive, Possibly After One Use!  
Death**



## IN HAWAII:

- Child Protective Services records show that 85-90% of child removals from Hawaii homes were Ice or drug-related cases.
- According to the State Department of Health, in FY0607 38% of admissions into state funded treatment centers were due primarily to ice use.
- The 2007 National Youth Risk Behavior Survey reported in Hawai'i 5% of high school students used ice at least once.
- In 2007 Hawaii law officials seized a total value of \$5.3 million (market value) of ice.
  - Ice labs have been determined to no longer be a threat to communities in the state of Hawai'i.
  - Ice was identified by law officials as the drug most contributing to violent and property crime in Hawai'i.
- It can take up to \$10,000 or more to treat a hard-core Ice addict, with no guarantee they will never use the drug again, according to Elaine Wilson, former chief of the Alcohol and Drug Abuse Division.

## EVIDENCE PREVENTION WORKS!

- In 2003 Department of Health research found that lifetime Ice use [meaning: tried at least once] by students in grades 8, 10, and 12 showed a significant decline over the past few years.
- According to Senator Colleen Hanabusa, co-chair member of the legislative Ice Task Force, educating youth is working to reduce Ice use in the state. She also said, "statistics show that use has declined amongst 6th-12th graders because they're getting the message that Ice is not only addictive, but a very bad drug."

## LEGAL ISSUES:

- Crystal methamphetamine is a Schedule II controlled substance and classified as a dangerous drug.
- Possession of any amount of a dangerous drug is a class C felony the maximum penalty for which is five years in prison and/or \$10,000 fine.
  - Conviction for methamphetamine related offenses has a mandatory six month prison sentence.
- Possession of one-eighth or more of an ounce of methamphetamine or the distribution of any amount of dangerous drug, is a class B felony and punishable up to 10 years in prison and/or a \$25,000 fine.
- Possession of one ounce or more, the distribution of one-eighth ounce or more of methamphetamine is a class A felony, punishable by 20 years in prison and/or a maximum fine of \$50,000.
- Possession or distribution of a dangerous drug in any amount to a minor is a first degree offense and falls under a class A Felony.
  - The maximum sentence is 20 years in prison and a maximum fine of \$50,000.

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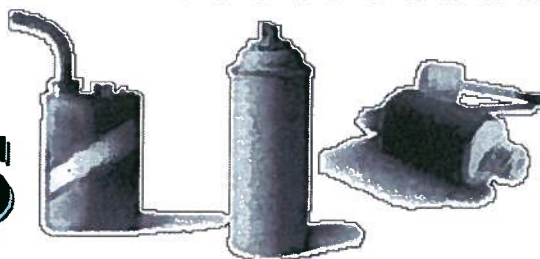
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# Inhalants



## What You Need to Know About Inhalants

- ♦ Inhalants are taken in different ways
  - ♦ The user may inhale the chemical directly from the container, from a soaked rag, or from another container, such as a soda can, plastic bag, or balloon.
- ♦ Inhalants pass through the lungs and quickly enter the bloodstream; chemicals reach the brain within seconds.
- ♦ Inhalants are also referred to as
  - ♦ Butyl nitrate: bolt, climax, bullet, locker room, rush
  - ♦ Amyl nitrate: boppers, pearls
  - ♦ Nitrous oxide: buzz bomb, shoot the breeze, whippets

**Inhalants are breathable chemicals that produce psychoactive (mind-altering) vapors are classified into four major categories.**

**Solvents and Gases:** Chemicals that dissolve (break down) other substances

- ♦ Shoe polish, correction fluid, lighter fluid, gasoline, paint, paint thinner, liquid wax, acetone, toxic markers (felt tip permanent markers, dry erase markers), ether

**Adhesives:** Any bonding agent

- ♦ Model glue, rubber cement, household glue, glues found at hardware stores, cleaning fluid, spot remover

**Aerosols and Food Products:** Chemicals that come in spray form

- ♦ Hair spray, air fresheners, insect sprays, spray paint, deodorants, fabric protectors, cooking spray

**Nitrates**

- ♦ **Amyl nitrate:** A clear liquid packaged in glass capsules
  - ♦ Prescribed as an antidote for cyanide poisoning, commonly used to prevent heart failure
- ♦ **Butyl nitrate:** Closely related to amyl nitrate
  - ♦ Sold legally as a room odorizer or liquid incense
- ♦ **Anesthetics**
  - ♦ **Nitrous Oxide:** Laughing gas used by dentists to help patients relax, used in canned dairy products (whip cream) and sometimes found in novelty shops in small silver bullet-like containers (whippets)
  - ♦ **Ether and Chloroform**
- ♦ **Refrigerants:** used to charge air-conditioning units (Freon gas)

## Short Term Effects

- Heart failure (sudden sniffing death—can occur with first time use), increased heart rate, irregular heart beat
- Suffocation
- Chest pain, muscle and joint aches
- Double vision, irritation of the eyes, red, glassy or watery eyes and dilated pupils
- Nausea, vomiting, loss of appetite
- Coughing, sneezing, nasal irritation and nosebleeds
- Breath smells like chemicals

## Long Term Effects

- Brain damage, unable to think clearly, reason, remember things, or solve problems
- Destroys nerve cells, may lead to difficulty with balance, walking and sitting
- Damage to liver and kidneys
- Weakened immune system
- Mood swings, depression and paranoia
- Involuntary passing of urine and feces
- Decrease, or loss of sense of smell
- Death

### Indicators of Use/Abuse

- Unusual breath odor, or chemical odor on clothing
- Slurred or disoriented speech
- Drunk, dazed, or dizzy appearance
- Red eyes, or runny nose
- Spots and/or sores around the mouth
- Nausea and/or loss of appetite
- Disappearance of abusable products

## Inhalant Use/Abuse Nationally and in Hawaii

- ♦ Inhalants, as a drug classification, are the most popular drug for 6th graders and younger generations because it is inexpensive and easily accessible. However, for the same reasons, drug users of any age and background may use inhalants when other drugs are unavailable.
- ♦ According to national surveys, inhaling dangerous products is becoming one of the most widespread problems in the country. It is as popular as marijuana with young people.
  - ♦ One in five students in America has used an inhalant to get high by the time he or she reaches the 8th grade.
  - ♦ In Hawaii, in 2003 an average of 4% of 6th graders and 9% of 8th graders reported using inhalants sometime in their lifetime.

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# Marijuana



## Facts on Marijuana:

- Marijuana comes from the plant *Cannabis Sativa*.
- A key ingredient in marijuana is Tetrahydrocannabinol (THC) which gives the leaves, flowering tops, and stems a powerful effect ("high") when smoked or ingested.
  - The more THC in marijuana, the stronger and longer the high, and the longer it will remain in the body. *Marijuana plants grown in Hawaii are known for their especially high THC content.*
- Street names for marijuana include:
  - *Pakalolo, Pot, Weed, Grass, Maui-Wowie, Reefer, J, Ganja, Mary Jane, Bomb, Doobie, Herbs, Buds, Skunk, Hay (and the list goes on).*
- There are over 421 chemicals in marijuana; the number of chemicals increase to over 2,000 (many of these are **carcinogens or cancer causing agents**) when the drug is smoked
  - **Marijuana smoke has 50% more carcinogens and tars than tobacco smoke.**
- After smoking only one joint, 10 to 20 percent of the drug (THC) attaches to body tissue for up to 30 days. Traces of THC can be found up to four and a half months after stopping habitual use of the drug.
- Its legal use is strictly monitored and regulated for medicinal purposes for people who are terminally ill; the plant also creates strong fibers known as "Hemp" which are used to create clothes, shoes and body products.

## Marijuana Use/Abuse in Hawaii and Nationally:

- 96.6 million people in the US, ages 12 and older, have tried marijuana at least once.
- Records show that 76% of all drug-users currently use marijuana.
- In Hawaii, 18% of females and 23% of males in high school reported current use of marijuana.
- 70% of students reported that marijuana was easily accessible.
- In 2003, 1% of 6th graders, 7% of 8th graders, 15% of 10th graders and 18% of 12th graders reported trying marijuana at some point in their lifetime.
- Reports show that children who use marijuana are more likely, in the future, to use other illicit drugs.

Evidence shows that exposure to substance abuse at an early age, by community, family & friends is one of the strongest factors that will influence the use of tobacco, alcohol, marijuana and other drugs use in the future.

## Evidence that Prevention Works!

- Though marijuana is considered widely obtainable statewide, sales have declined in public housing developments because of increased police efforts (such as Weed & Seed), according to a 2002 study by the National Drug Control Policy.
- Since 2002, marijuana use amongst mid/high school age students has declined by 3%.

## Effects of Marijuana Use:

- **Interferes with brain processes:**
  - Impairs perception, impairs judgment of speed and time, impairs motor coordination, impairs short-term/long-term memory (*especially in youth*)
- Causes precancerous lesions of the lungs
- Increases risks of asthma, bronchitis, and emphysema
- Impairs immune function
- Increases heart rate, anxiety, panic attacks

## Possible Indicators/Paraphernalia of Use:

- Bloodshot/glassy eyes
- Burnt fingertips
- Giggly and silly (for no reason)
- Odor on clothes/bedroom
- Eating binges
- Eye drops
- Incense, breath mints to hide odor
- Glass pipes, bongs, or other objects used for smoking (including cigarette paper and lighters)

## Withdrawal Symptoms:

- Irritability
- Agitation
- Insomnia
- Difficulty remembering/learning
- Depression

## Legal Issues:

*Use or distribution of marijuana is a crime under both Hawaii and U.S. Law. The following is a brief summary of Hawaii laws on marijuana possession and distribution [note: these are subject to change under judicial order]*

- **Promoting detrimental drugs in the third degree**
  - Possessing less than 1oz. of marijuana
  - A Petty misdemeanor with a maximum jail term of 30 days or a \$1,000 fine
- **Promoting a detrimental drug in the second degree**
  - Possessing 1oz. or more of marijuana, or distribution of any marijuana
  - A misdemeanor which carries a maximum one year in jail or a \$2,000 fine
- **Commercial Promotion of Marijuana in the second degree**
  - Possessing two pounds or more of marijuana, distribution of one pound or more of marijuana, possession or cultivation of 50 or more marijuana plants, cultivation of any marijuana plant on land owned by another, or the sale of marijuana to a minor
  - A class B felony with a maximum sentence of 10 years in prison and/or a \$25,000 fine
- **Commercial Promotion of Marijuana in the first degree**
  - Possessing 25 pounds or more of marijuana, distribution of five pounds or more of marijuana, possession of 100 or more marijuana plants, or cultivation of 25 marijuana plants on land owned by another person
  - A class A felony with a maximum sentence of 20 years in prison, or a \$50,000 fine
- The distribution, or possession with the intent to distribute any controlled substance in, on or near schools, or school vehicles is a class C felony.
  - The maximum penalty is 10 years in prison and/or a \$10,000 fine
- **Under Hawaii's Law, Medical Marijuana is legal in the state.**
  - Patients who use fall under this category must have certain qualifying illnesses, obtain a doctor's recommendation to use medical marijuana, and register with the State Department of Public Safety to avoid criminal prosecution under state law (Federal Laws do not support this legalization).

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# cocaine

Quickly addictive and devastating



## Facts on cocaine

- ♦ Cocaine is a stimulant and is extracted from the leaves of the coca plant.
  - ♦ Coca grows primarily in South America with 97% of the world's crop located there.
- ♦ Street names include: **coke, blow, the white, crack, ma'a, rocks, crank,** and **bolo.**
- ♦ Pure cocaine or cocaine hydrochloride
  - ♦ Resembles a white crystalline powder and is normally either snorted or converted into liquid and injected into the blood stream.
- ♦ Crack or freebase cocaine
  - ♦ A form of cocaine in a smokable form; this is what is referred to as "rocks."
- ♦ Cocaine can be snorted, injected and smoked. Chewing the leaves of the coca plant is another way of ingesting the drug that native tribes of South America have been using for hundreds of years.
- ♦ Some chemicals used in the cocaine refinement process can include: lime, gasoline, kerosene, acetone, sulfuric or hydrochloric acid and ammonia.

## Signs and symptoms of use

- ♦ Runny nose or sniffing
- ♦ Dilated pupils
- ♦ Red, bloodshot eyes
- ♦ Shifty eyes and body movements
- ♦ Talking and walking fast
- ♦ Decreased appetite
- ♦ Increase in blood pressure and heart rate (often accompanied by sweating)
- ♦ Muscle twitches
- ♦ Paranoia
- ♦ Severe mood swings and irritability
- ♦ Angry, hostile, and anxious feelings



## Long-term effects

- ♦ Mental illness
- ♦ Strong chest pains
- ♦ Convulsions and body tremors
- ♦ Severe respiratory problems

## Withdrawal

Withdrawal can last for months, even years depending on the quantity of prior use.

### Symptoms:

- ♦ Anhedonia (a lack of ability to feel pleasure)
- ♦ Depression
- ♦ Insomnia
- ♦ Anergia (a total lack of energy)
- ♦ Loss of motivation

## How Does Cocaine Affect Your Body?

- ◆ Constricts blood vessels making it harder for the heart to pump blood throughout the body.
- ◆ Affects the brain almost instantly, sometimes so powerfully it can burst blood vessels in the brain.
- ◆ The "high" is a result of its effect on the brain's neurotransmitters.
  - ◆ Cocaine blocks the reuptake of these neurotransmitters, resulting in a flood of pleasure-giving chemicals.
- ◆ The "crash" results from the quick depletion and eventual deficit of these neurotransmitters.
  - ◆ This causes cocaine addiction; the user cannot feel happy or even normal without the drug anymore.
- ◆ Cocaine is highly addictive, giving users cravings for the drug that are very hard to ignore.
- ◆ Can lead to spontaneous abortion or cause severe life-long emotional, physical and mental disabilities for children exposed in the womb.
- ◆ Takes away the desire to eat, leading to malnutrition and unhealthy weight loss.
- ◆ Makes users hallucinate and see things that aren't real, which can make people a danger to themselves and others.



## Cocaine in Hawaii and nationally

- ◆ The distribution and abuse of cocaine in Hawaii is associated with homicides, assaults, and child abuse/neglect cases.
- ◆ In 2006 280 arrests were made in Hawai'i for powder and rock cocaine.
  - ◆ In Hawai'i 10 kilos of rock and powder cocaine was seized in 2006, while nationally 96,713 kilos were seized in 2007.
- ◆ In Hawaii 6% of high school students have tried cocaine at least once; 2% report using it within the last 30 days.
- ◆ In FY06-07 about 4% of admissions to State funded treatment facilities were due to cocaine use.



## Legal Issues

- ◆ Cocaine is considered a schedule II drug under the Controlled Substances Act of 1970.
- ◆ Schedule II drugs are considered by the DEA to have a high abuse potential with possible physical and psychic dependence, even if there are medical uses for the drug.

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# Rx & OTC Drugs



Prescription (Rx) and Over-the-Counter (OTC) drugs can be extremely effective in treating medical conditions when taken correctly. However, these are powerful drugs that when taken incorrectly or recreationally can lead to serious health issues and possible addiction.

**Pain Medications** when taken correctly are very effective and can help people with chronic pain lead productive lives. Many prescribed pain medications are opioids, and heroin is an example of an illegal street drug that is an opioid.

Frequently prescribed Opioids include:

- ◆ Oxycodone (OxyContin)
- ◆ Propoxyphene (Darvon)
- ◆ Hydrocodone (Vicodin)

#### PAIN MEDICATION SIDE EFFECTS

|                          |                    |
|--------------------------|--------------------|
| Muscle relaxation        | Coma               |
| Severe dependence        | Seizure            |
| Lowered blood pressure   | Lowered heart rate |
| Dryness of the mouth     | Constipation       |
| Lowered respiratory rate |                    |

**Depressants**, or barbiturates, are generally prescribed to treat anxiety, tension and sleep disorders. When used correctly, it is very effective in relaxing their recipient and slowing down normal brain functioning. Rohypnol and GHB are both classified as date rape drugs, and are an example of the illegal use of depressants.

Commonly prescribed depressants are:

- ◆ Pentobarbital sodium (Nembutal)
- ◆ Diazepam (Valium)
- ◆ Alprazolam (Xanax)

#### DEPRESSANT SIDE EFFECTS

|                        |                |
|------------------------|----------------|
| Respiratory depression | Sweating       |
| Elevated heart rate    | Addiction      |
| Impaired memory        | Disorientation |
| Fatigue                | Tremors        |

**Stimulants** are used primarily in the medical field for treating narcolepsy, attention-deficit hyperactivity disorder (ADHD) and depression. They are also used for short-term treatment of obesity and asthma patients. They are intended to increase alertness, attention and energy. Methamphetamine (ice) and cocaine are examples of illegal street drugs that are stimulants.

Commonly prescribed stimulants are:

- ◆ Dextroamphetamine (Dexedrine)
- ◆ Methylphenidate (Ritalin)
- ◆ Mixed amphetamine salts (Adderall)

#### STIMULANT SIDE EFFECTS

|                        |                |
|------------------------|----------------|
| Irregular heartbeat    | Compulsive use |
| Addiction              | Bone Pain      |
| Paranoia               | Vomiting       |
| Respiratory depression | Constipation   |
| High body temperature  | Muscle Pain    |

**OTC** drugs such as cough and cold syrup and antihistamines are an effective tool for treating illnesses or allergies not severe enough to see a doctor for. However, there is a dissociative hallucinogenic ingredient present in many of these products called Dextromethorphan (DXM) that can be abused to produce effects similar to PCP.

Common products that contain DXM:

- ◆ Any product with "tussin" in the name
- ◆ Cough & cold products
- ◆ Antihistamines
- ◆ Decongestants

# Statistics...

- ♦ In Hawaii, the street price of Oxycontin has increased 20% due to high demand and hydrocodone has quickly become the most abused pharmaceutical drug in the islands.
- ♦ In 2003, 5% of Hawaii 12th graders had tried tranquilizers or sedatives at least once; this puts usage rates in youth equivalent to that of methamphetamine (ice).

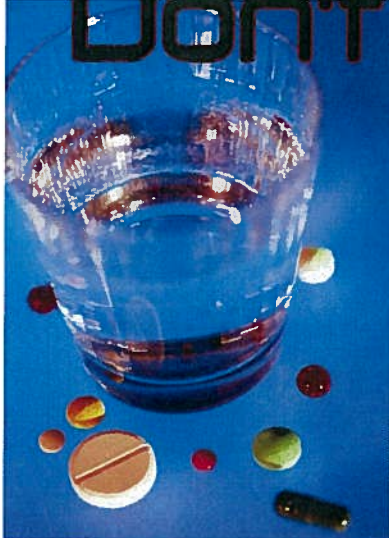
## Nationally:

- ♦ Annual abuse of Vicodin was 9.5% among 12th graders in 2005, ranking it among the most commonly abused drugs for 12th graders.
- ♦ Since 2001, annual abuse of sedatives/barbiturates among 12th graders rose 25%
- ♦ In 2000, 43% of those who ended up in hospital emergency rooms from drug overdoses—nearly a half million people—were there because of misusing prescription drugs.
- ♦ From 1998 to 2000, the number of emergency room visits due to misusing hydrocodone (Vicodin) rose 48%, oxycodone (OxyContin) 108%, and methadone 63%. The rates are intensifying: from mid-2000 to mid-2001, oxycodone went up in emergency room visits 44%.
- ♦ Over 15 years, the number of teen and young adult (ages 12 to 25) new abusers of prescription painkillers such as oxycodone (OxyContin) or hydrocodone (Vicodin) grew five-fold (from 400,000 in the mid-eighties to 2 million in 2000).

## Rx Drug Misuse

- ♦ New misusers of tranquilizers — medicine normally used to treat anxiety or tension — went up nearly 50% in one year (700,000 in 1999 to 1 million in 2000).
- ♦ More than 17% of adults over 60, knowingly or not, abuse prescription drugs.
- ♦ Among 12 to 17 year-olds, girls are more likely than boys to use psychotherapeutic drugs non-medically.

## Don't Mix Your Meds



- ♦ Combining prescription medications with other drugs or alcohol without consulting your physician can be very dangerous.
- ♦ Can slow breathing, heart rate and respiration.
- ♦ Mixing stimulants and antidepressants enhances the effects of the stimulant, resulting in irregular heart beat, dangerously high body temperature, cardiovascular failure, or seizures.
- ♦ Opioids should never be used with substances such as alcohol, antihistamines, barbiturates or benzodiazepines. These substances slow breathing, and when combined with opioids, an individual would be in jeopardy of severe life-threatening respiratory depression.
- ♦ Bottom line: ALWAYS follow your medical professional's directions, and DON'T MIX YOUR MEDICATIONS.

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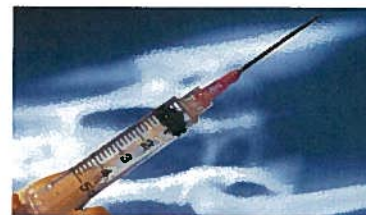
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# HEROIN & Opiates



## HEROIN STREET NAMES

Smack, Horse, Mud, Brown Sugar, Junk, Black Tar, Big H, Dope, Skag Skunk, Hell Dust, Thunder

Heroin is both the most abundant and the most rapidly acting of the opiates. It is processed from morphine, a natural occurring substance extracted from the Asian opium poppy plant. It is classified as a Schedule I drug—the group of the most highly addictive drugs—in the U.S. It is typically sold as a white or brownish powder or as the black sticky substance known on the streets as “black tar heroin.”

## FACTS ON HEROIN

### How is Heroin abused?

Heroin is injected, smoked, freebased (where pure forms of heroin are lit and the smoke inhaled), or snorted. All these methods can lead to addiction and other severe health problems. Injection is the most efficient way to administer low-purity heroin. The availability of high-purity heroin, however, and the fear of infection by sharing needles has made snorting and smoking the drug more common.

### How does Heroin affect the brain?

Heroin enters the brain very quickly and binds to many areas, especially those involved in the perception of pain and in reward. In addition, it binds to areas on the brain stem that control automatic processes such as breathing blood pressure and arousal. Because of this, heroin overdoses regularly involve the repression of breathing.

### What is a Heroin high?

Within 7 to 8 seconds, users report a surge of euphoria (“rush”) lasting anywhere from 5-8 minutes accompanied by dry mouth, a warm flushing of the skin, and a heaviness of the extremities. Following the euphoria, users report going “on the nod,” an alternatively wakeful and sleepy state. Users who don’t inject the drug may not experience the initial rush, but other effects are the same.

### How addictive is Heroin?

Heroin is **super-addictive**. This is because it enters the brain so quickly and affects the parts of the brain responsible for perception of pain and reward.

## HEALTH EFFECTS OF HEROIN

Heroin abuse is associated with serious health problems. Most common conditions include fatal overdoses, spontaneous abortions, and infectious diseases including HIV/AIDS and hepatitis.

Chronic users usually develop collapsed veins, infections of the heart lining and valves, abscesses, and liver and kidney diseases. Many other complications are known to develop due to the poor health of the user including various types of pneumonia.

In addition, to the effects of the drug itself, street heroin almost always contains toxic additives and chemicals that clog the blood vessels going to the lungs, liver, kidneys, or brain, causing permanent damage to vital organs.

## How can you tell if someone you know is using heroin?

### Signs and symptoms of heroin use are:

|                          |                           |
|--------------------------|---------------------------|
| Track marks on arms      | Slowed down respiration   |
| Euphoria                 | Constricted pupils        |
| Drowsiness               | Nausea and vomiting       |
| Impaired mental function | Slowed and slurred speech |

### Signs of heroin overdose include:

|                   |             |
|-------------------|-------------|
| Shallow breathing | Convulsions |
| Pinpoint pupils   | Coma        |
| Clammy skin       |             |

# Heroin Withdrawal

With regular use, tolerance develops—meaning the user must use more heroin to achieve the same effect. As higher doses are used, physical dependence and addiction develop.

## Withdrawal symptoms include:

|                      |                   |
|----------------------|-------------------|
| Drug Craving         | Insomnia          |
| Muscle and bone pain | Vomiting          |
| Cold flashes         | Kicking movements |
| Restlessness         | and others...     |

Major withdrawal symptoms peak between 48 and 72 hours after the last dose and usually subside within a week although some symptoms may last for months. Sudden withdrawal for heavy users in poor health can sometimes be fatal.

## HEROIN IN HAWAII:

In both 2006 and 2007, drug enforcement seized 300 grams of Heroin in Hawaii. Most of the heroin seized in Hawaii is black tar heroin from Mexico. The primary entry point for heroin remains the Honolulu International Airport with body couriers from Mexico sneaking it in. Users get Heroin from street dealers in downtown Honolulu, Waikiki, and Chinatown with user amounts packaged in tin foil, balloons, and plastic wrap.

The heroin problem in Hawaii remains steady with no significant increases or decreases. In 2007, substance abuse treatment admissions for heroin totaled 181, or 2.1% of the total admissions in Hawaii, while about 5.5% of all drug related crime was heroin related.



## OPIATES

Opiates are made from opium, which comes from the poppy plant. Opiates produce a quick, intense feeling of pleasure followed by a sense of well-being and a calm drowsiness. But they can also become an addiction. Regular users of different opiates usually find themselves with an addiction.

Some opiates—like Vicodine and Oxycontin—are prescribed by physicians for the treatment of legitimate pain associated with such chronic conditions as cancer. Other opiates—such as heroin—are illegal substances. Even prescribed opiates can be abused if the user does not take them exactly as prescribed.

## Effects of Opiates:

Opiates function as central nervous system depressants, which slow down the responses - including the brain - to external stimuli. Depending on which opiate has been consumed, the user may:

- Feel sedated, speak strangely, exhibit decreased ability to reason, slowed breathing, and impaired reflexes.

### Some Common Opiates:

- Heroin
- Morphine
- Oxycontin
- Methodone
- Hydrocodone
- Opium
- Codeine
- Vicodine

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# Medication Misconceptions



There are many health benefits for seniors who take their medications as prescribed by a physician, yet with these benefits come risks.

Because elderly people consume a larger quantity of medication (about 30% of all prescription and 70% of non-prescription drugs), they will run a greater risk of having complications due to drug misuse.

Studies show that over 50% of seniors do not take their medication as prescribed, often resulting in over or undermedication. This poses a serious threat to the health of an individual.

## Overmedication

The main cause of increased hospital admissions among the elderly.



## Undermedication

Leads to inadequate treatment and increases the severity of the medical issue being treated.

## Contributing Factors to Possible Medication Abuse

- ♦ Lack of basic knowledge about a prescribed medication
- ♦ Unwillingness to ask questions
- ♦ Physical challenges (hearing, vision) that can limit communication or ability to distinguish medication.
- ♦ Social isolation keeping individuals from getting proper care
- ♦ Mixing prescriptions with non-prescriptions
- ♦ Unaffordable medications, or using expired medications
- ♦ Side effects or canceled effects from using multiple prescription drugs
- ♦ Lowered metabolism and elimination abilities in seniors may cause side effects and illness from the build-up of toxins in body
- ♦ Decision to discontinue medication without consent of physician
- ♦ Forgets or ignores pill schedules
- ♦ Using others' medications



Overdose of prescription drugs can cause a variety of detrimental side effects to your body:

- Lowered heart rate, respiratory rate and blood pressure
- Addiction
- Constipation, muscle and bone pain
- Impaired memory, elevated body temperature

# General Medication Guidelines



## Do's

- ♦ Tell your doctor of all other medications you are taking (including supplements)
- ♦ Inform them of sensitivities and allergies you have
- ♦ Understand and read all instructions and medicine labels
- ♦ Follow all pill schedules—find a system that works for you
- ♦ Contact your doctor about any side-effects or symptoms
- ♦ Keep all medicines airtight, and throw out expired ones
- ♦ Keep a permanent record of all medications you are taking
- ♦ Carry in your wallet a listing all facts about your health

## Don'ts

- ♦ Don't trade, swap, or give your medications to anyone
- ♦ Don't mix alcohol or other substances with your medications
- ♦ Don't take *more or less than* the prescribed amount of a drug
- ♦ Don't just stop taking a medication suddenly, without a physician's notice, even if you feel better
- ♦ Don't transfer drugs from their original bottle to another
- ♦ Don't put two different types of pills in the same bottle
- ♦ Don't keep old or expired drugs in your medicine cabinet
- ♦ Don't hesitate to ask questions or talk about any concerns

## Facts on Vitamin and Herbal Supplements

- ♦ "Natural" does not always mean "safe"
- ♦ Taking herbal medicines with prescriptions may counteract the intended effects or make an illness worse.
- ♦ Ingredients and additives in herbal medicines are often not regulated by the FDA.
- ♦ Herbal supplements may cause dangerous side-effects not expected by individuals — for example: ginseng has been known to raise blood pressure, nervousness and high fever. Ginkgo, garlic, melilot, feverfew, etc. can increase the action of blood thinners.
- ♦ Several herbal supplements have been known to damage, or cause failure in organs such as the kidneys, heart, liver, etc. (ie., ephedra, kava)
- ♦ Take a vitamin supplement *only* if your physician says you have a vitamin deficiency.

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All information was compiled by the Coalition for a Drug-Free Hawaii Prevention Resource Center. SOURCES: National Institute on Drug Abuse "Using Your Medicines Wisely: A Guide for the Elderly"; Southwestern Medical Center in Dallas-Health Watch; The Dental Comfort Zone; The Pulse of Oriental Medicine-Feb. 2003 ed.; Recommendations for Proper Medication Use: Fact Sheet.

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# Predatory Drugs



A predatory drug can be ANY substance used to facilitate sexual assault. These drugs are often undetectable as they are odorless and colorless when mixed with water. They tend to have a salty taste, but when mixed with alcohol, soda, or other beverages, they are virtually undetectable. They metabolize quickly in the body leaving little physical evidence that the drug was ingested. A person can experience a "blackout" or anterograde amnesia where they are unable to recall what happened to them. While the victim is incapacitated, she/he can be sexually assaulted. When the victim awakens, she/he has either no memory or a spotted memory of the sexual assault.

Startling statistic: Nationally, 80% of sexual assault victims know their offender.

## Alcohol

- Although society has not labeled alcohol as a date rape drug, it is a contributing factor in over half of all sexual assaults against persons older than 12.

## Rohypnol

- Rohypnol (Roofies) is the brand name of a powerful sleeping pill. It is illegal in the U.S. but is still produced in Mexico, South America, Europe and Asia.
- Causes relaxation, reduced inhibitions, extreme sleepiness, short term amnesia, unconsciousness (almost equal to taking multiple Valium pills at one time).
- White, dime-sized pill, sold in bubble packaging with the "Roche" label.
- When dissolved in liquid it is usually colorless and odorless with a slightly bitter taste.
- Effects can occur 20 to 30 minutes after ingestion, lasting approximately 8 hours; it can be detected in the body up to 72 hours after ingestion.

## GHB

- GHB (Liquid X) is an illegal central nervous system depressant.
- Causes nausea, vomiting, delusions, increased sensations, relaxation, euphoria, reduced inhibitions, unconsciousness, amnesia, blackouts, confusion.
- Usually found as a colorless odorless liquid with a slightly salty taste.
- Effects can occur within 15 minutes of ingestion and last up to 4 hours.

## Ecstasy

- Ecstasy is an illegal drug with both stimulant and hallucinogenic effects.
- Causes euphoria, reduced inhibitions, hallucinations, sense of alertness, dehydration, elevated body temperature, involuntary teeth clenching/grinding, pupil dilation, muscle cramping.
- Commonly found as tablets in many shapes and colors with various designs imprinted on them.
- Effects can last anywhere from 3 to 6 hours, and leaves the body in 12 hours.

## Ketamine

- Ketamine (Special K) is a "dissociative anesthetic" for human and veterinary use.
- Causes a trance-like state, dizziness, hallucinations, heightened senses, unconsciousness.
- Usually found as a clear liquid in a small pharmaceutical bottle and is most often cooked into a white powder.
- Effects can begin anywhere between 5 to 20 minutes after ingestion and last approximately 18 to 24 hours.

**The effects of predatory drugs are intensified when combined with alcohol making them even more dangerous and powerful.**

**Where can it happen?**

RAVES  
PARTIES  
DANCES  
BARS  
NIGHTCLUBS  
DATES

**Who can it happen to?**

ANY RELIGION  
BOYS  
GIRLS  
ANY RACE  
ANY AGE  
ANY STATE

### **What can you do to prevent drug-induced rape?**

- Don't go to parties, dances, raves, bars and nightclubs alone.
- Before going out, make an agreement with your friends that you will leave together at the end of the event no matter what happens.
- Never accept unsealed beverages from strangers or from people you don't know well.
- ***Never leave your beverages unattended.***
- Don't drink anything out of a punchbowl or water cooler.
- If you hear people kidding about date rape drugs, pay attention and consider leaving that situation.
- Don't share or exchange drinks.
- Put your hand over your drink when talking with people.
- If you feel heavily intoxicated after having only 1 or 2 alcoholic drinks, or after having non-alcoholic drinks, go to a safe place and get help immediately.
- Be aware of someone who wants you to go outside for some "fresh air", especially if it is someone you just met.

### **If you think you have been drugged and raped:**

- ➔ Go to the police station or hospital right away
- ➔ Get a urine test as soon as possible; the drugs leave the system quickly
- ➔ Don't urinate before getting help
- ➔ Don't douche, bathe, or change clothes before getting help; these may give evidence of the rape

### **Where can I get help?**

**Rape, Abuse, Incest National Network (RAINN) Hotline:**  
(24 hour) 1-800-656-4673

**Oahu:**

Sex Abuse Treatment Center (24 hour): 524-7273  
Waianae Sex Abuse Treatment Center (24 hour): 225-6691  
Domestic Violence Help Line: 531-3771  
P.A.C.T. Domestic Violence Help Line: 585-7944

**Hawaii:**

Kapiolani Medical Center SATC (24 hour): 935-0677

**Kauai:**

YWCA Sexual Assault Treatment Program (24 hour): 245-4144

**Mau/Lanai/Molokai:**

Maui Child and Family Service (24 hour): 1-800-890-4318  
Maui Child and Family Service Office: 877-6888

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# Ecstasy



## Facts on Ecstasy

- Ecstasy was developed during the early 1900's. The drug is chemically similar to methamphetamine (Ice) and mescaline (peyote).
- Other names for Ecstasy include:
  - **Methylenedioxymethamphetamine (MDMA), XTC, X, Adam, Clarity, Lover's Speed, Rolls, Green Triangle, PLUR Drug (Peace, Love, Unity and Respect), Liquid X (GHB)**
- Ecstasy is categorized as a synthetic (designer) drug—(created from man-made chemicals, not natural compounds) and is produced in clandestine drug labs in Europe, Israel, Asia and the United States.
  - Ecstasy is most often taken orally, but it's also snorted, or even taken rectally (Liquid X—or GHB—has been known to be added to enema kits used to cool off during raves).
  - Effects last approximately from 4-6 hours per hit.
- Ecstasy is considered the number one "club drug."
  - The term "club drug" refers to drugs used mainly by young adults at all night parties known as "raves" or "trances." Raves are often last-minute, secret venues held in night clubs/bars, underground nightclubs known as "acid houses," abandoned buildings, warehouses, outdoors and other miscellaneous places.
- Deaths related to MDMA are due to several factors: mixing it with other drugs (especially alcohol), Hyperthermia (overheating of the body), Hyponatraemia (water poisoning—drinking too much water), lethal impurities added during production in and overdose.



## Effects of Ecstasy Use

Research links long term use of Ecstasy to damage in parts of the brain critical to thought, memory, and pleasure; effects that are similar to those found in people with Alzheimer's.

### Psychological Effects:

- **Confusion**
- **Depression**
- **Sleep problems**
- **Severe anxiety**
- **Paranoia**
- **Visual hallucinations**
- **Drug craving**

### Physical Problems:

- **Muscle tension**
- **Involuntary teeth clenching**
- **Nausea**
- **Blurred vision**
- **Faintness**
- **Chills or sweating**
- **Increased heart rate and blood pressure**