

DRUGS OF CHOICE IN LAMBTON

CANNABIS ALCOHOL

Ecstasy **COCAINE**

Crystal Meth **LSD**

Heroin Oxycodone

Opioids

Crack Cocaine **Psilocybin**

Tobacco Barbiturates



Sarnia-Lambton Drug Strategy

Substance Abuse in Lambton County



Resource Kit on
Information Presented



United Way

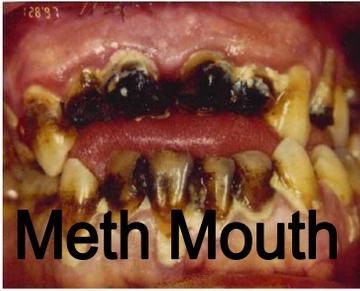
THE ONTARIO
TRILLIUM
FOUNDATION



LA FONDATION
TRILLIUM
DE L'ONTARIO

www.drugfreesarnialambton.com

Crystal Meth

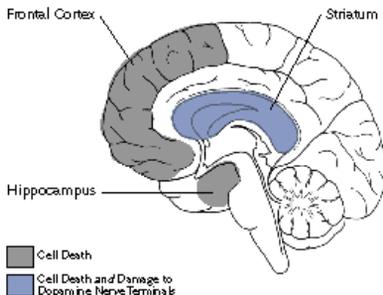


“Crystal Meth” is one of the street names for methamphetamine. It belongs to a family of drugs called amphetamines -- powerful stimulants that speed up the central nervous system. The drug can be made easily in clandestine laboratories with relatively inexpensive over-the-counter ingredients. Methamphetamine is a drug with a high potential for widespread abuse. - C.A.M.H.

http://www.camh.net/About_Addiction_Mental_Health/Drug_and_Addiction_Information/crystal_meth_information.html

- ⌘ Speed
- ⌘ Meth
- ⌘ Chalk
- ⌘ Ice
- ⌘ Crystal
- ⌘ Crank
- ⌘ Glass

Different Forms of Crystal Meth



From the R.C.M.P.

Crystal meth that is smoked, inhaled, or injected is one of the most powerful psychostimulants available on the illicit drug market. Users therefore become physically and psychologically dependent on it rapidly, and the desire to consume more of it then becomes a constant preoccupation and eventually an obsession. The only way to satisfy this obsession is to go on another binge. Chronic users usually display various symptoms of anxiety, insomnia and depression. They may also display a variety of psychotic symptoms, such as paranoia and auditory hallucinations, and sometimes even violent behaviour. These psychotic symptoms can persist for months or even years after someone has stopped using the drug. Other long-term effects may include confusion and cognitive deficits. The number, intensity, duration and frequency of these episodes generally vary in proportion to the intensity and frequency of which the person has used the drug.

<http://www.rcmp-grc.gc.ca/qc/pub/meth/meth-eng.pdf>

What's in Crystal Meth?



Short-Term Effects

- Erratic, violent behaviour
- Sleeping and eating disorders
- Mood swings and unpredictability
- Tremors and convulsions
- Increased blood pressure, irregular heart rate
- Prolonged anxiety, paranoia

Long-Term Effects

- Brain damage similar to Parkinson's disease or Alzheimer's disease.
- Coma, stroke or death
- Tooth decay and cracked teeth
- Psychosis and hallucinations
- Body sores from picking at skin (skin sensation described as "bugs crawling on skin")

More About Crystal Meth



C.A.M.H.

http://www.camh.net/About_Addiction_Mental_Health/Drug_and_Addiction_Information/crystal_meth_information.html

R.C.M.P.

<http://www.rcmp-grc.gc.ca/qc/pub/meth/meth-eng.htm>

University of Utah - Mouse Party

<http://learn.genetics.utah.edu/content/addiction/drugs/mouse.html>

National Institute on Drug Abuse

<http://www.drugabuse.gov/infofacts/methamphetamine.html>

Health Canada

<http://www.hc-sc.gc.ca/hc-ps/drugs-drogues/learn-renseigne/meth-eng.php>

Canadian Centre on Substance Abuse

<http://www.ccsa.ca/Eng/Pages/Home.aspx>

OSDUHS - Drug Use Among Ontario Students 2007

http://www.camh.net/Research/Areas_of_research/Population_Life_Course_Studies/OSDUS/OSDUHS2007_DrugDetailed_final.pdf

Go Ask Alice

<http://www.goaskalice.columbia.edu/Cat2-full.html#5>

COCAINE

- ✓ **Snow**
- ✓ **Powder Lines**
- ✓ **Freebase**
- ✓ **C**
- ✓ **Dust**
- ✓ **Crack**
- ✓ **Rock**
- ✓ **Coke**
- ✓ **Flake**
- ✓ **Blow**

“Cocaine is a very addictive stimulant drug. Stimulants make people feel more alert and energetic. Cocaine can also make people feel ‘high.’
As cocaine use increased, people began to discover its dangers. In 1911, Canada passed laws restricting the importation, manufacture, sale and possession of cocaine. The use of cocaine declined until the 1970s, when it became known for its high cost, and for the rich and glamorous people who used it. Cheaper “crack” cocaine became available in the 1980s.”

-CAMH

http://www.camh.net/About_Addiction_Mental_Health/Drug_and_Addiction_Information/cocaine_dyk.html



Cocaine is a stimulant that comes from the leaves of the South American coca bush. It is processed to form a white crystalline powder (cocaine hydrochloride). This is the form of cocaine that is snorted or dissolved in water and injected. It is sometimes mixed with things that look like it, such as sugars, cornstarch, or talcum powder. Crack cocaine or “freebase” are smokeable forms of cocaine which look like crystals or rocks. These forms of cocaine are made by chemically changing cocaine powder.

-Health Canada

<http://www.hc-sc.gc.ca/hc-ps/drugs-drogues/learn-reseigne/cocaine-eng.php>

HOW LONG WILL IT LAST?

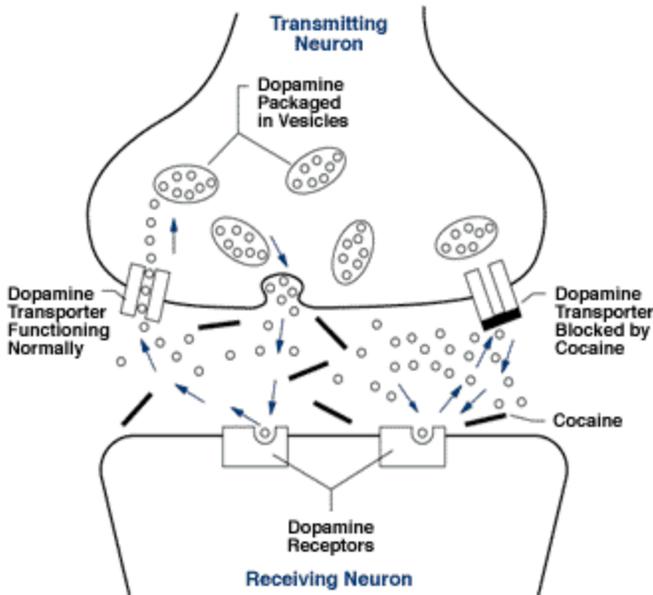
Not long! Cocaine is both fast- and short-acting.

- Intranasal use, or “snorting,” takes effect within a few minutes and lasts 60 to 90 minutes
- Injecting produces a “rush” that is felt within minutes, and lasts 20 to 60 minutes.
- Smoking causes a high within seconds, which lasts only five to 10 minutes.

When the cocaine high fades, the person may begin to feel anxious and depressed, and have intense craving for more of the drug. Some people stay high by “binging,” or continually using the drug, for hours or days. - CAMH



COCAINE ON THE BRAIN



The neurotransmitter dopamine transmits brain signals by flowing from one neuron into the spaces between neurons and attaching to a receptor on another neuron. Normally, dopamine then is recycled back into the transmitting neuron by a transporter molecule on the surface of the neuron. But if cocaine is present, the drug attaches to the transporter and blocks the normal recycling of dopamine, causing an increase of dopamine levels in the spaces between neurons that leads to euphoria.

National Institute on Drug Abuse
http://www.drugabuse.gov/NIDA_Notes/NNVo113N2/brain.html



Health Effects

- ⊗ Panic Attacks
- ⊗ Psychotic symptoms including hallucinations
- ⊗ Erratic, bizarre, violent behaviour
- ⊗ Reduce flow of oxygen to heart while increasing heart rate - leads to stroke, heart attack
- ⊗ Increased blood pressure
- ⊗ Malnutrition and poor health
- ⊗ Injection with needle can lead to infection and HIV
- ⊗ Overdose can cause seizures and heart failure
- ⊗ Sinus infection and loss of smell
- ⊗ “Crack lung”

MORE ABOUT COKE

C.A.M.H.

http://www.camh.net/About_Addiction_Mental_Health/Drug_and_Addiction_Information/cocaine_dyk.html

Health Canada

<http://www.hc-sc.gc.ca/hc-ps/drugs-drogues/learn-reseigne/cocaine-eng.php>

OSDUHS - Drug Use Among Ontario Students 2007

http://www.camh.net/Research/Areas_of_research/Population_Life_Course_Studies/OSDUS/OSDUHS2007_DrugDetailed_final.pdf

National Institute on Drug Abuse

<http://www.nida.nih.gov/Infofacts/cocaine.html>

KidsHealth

http://kidshealth.org/kid/grow/drugs_alcohol/know_drugs_cocaine.html

Drug Addiction Treatment Programs Canada

<http://www.drugaddictiontreatment.ca/crack-cocaine-addiction.html>

Canadian Foundation for Drug Policy

<http://www.cfdp.ca/sen8ex1.htm>

Ecstasy



The chemical name for ecstasy is 3,4-methylenedioxyamphetamine or MDMA. The chemical structure and the effects of MDMA are similar to amphetamine (a stimulant) and to mescaline (a hallucinogen).

What's sold as ecstasy often contains drugs other than MDMA, which may or may not be similar in effect to MDMA. Some of the other drugs include caffeine, ephedrine, amphetamine, dextromethorphan, ketamine or LSD. Ecstasy sometimes contains highly toxic drugs, such as PMA (paramethoxyamphetamine), which can be lethal even in low doses. - CAMH

- ☠ E
- ☠ XTC
- ☠ Adam
- ☠ The love drug
- ☠ E bombs
- ☠ Hug
- ☠ White Nothing



© TALK TO FRANK

X Timeline

About 20 to 40 minutes after taking ecstasy, people will feel a high that can last anywhere from four to six hours. Ecstasy can also make you feel tipsy, like you are a little drunk. - Alberta Health Services
The duration of the after-effects cannot be predicted as precisely, though they may last for days or weeks - CAMH

What Does E Look Like?

Ecstasy is usually sold as a tablet or capsule that is swallowed. It may also be sold in powder form, or the tablets may be crushed and then snorted.

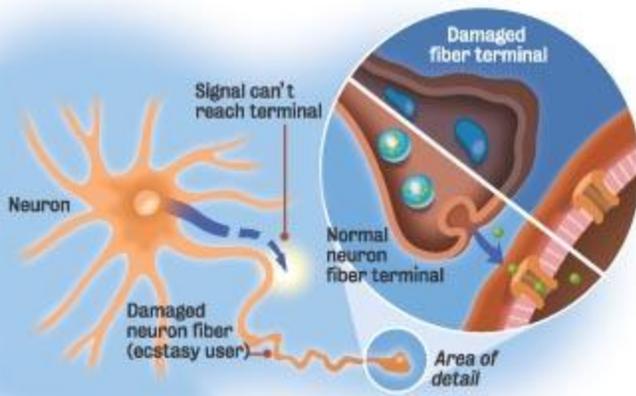
Ecstasy tablets come in different shapes, sizes and colours, and are often stamped with a logo, such as a butterfly or clover, giving them a candy-like look.

Ecstasy is made in illicit labs with chemicals and processes that vary from lab to lab.

- CAMH



Ecstasy's use has been associated with young people who attend "raves." Recently, it has also gained popularity among urban professionals at nightclubs.
- OPHEA



Serotonin travels through the healthy brain by jumping from cell to cell along the fibers of neurons (brain cells). But ecstasy use damages the terminals (ends) of neuron fibers. Chemical messages relating to mood, sleep, memory, and more are disrupted.

-Scholastic

http://teacher.scholastic.com/scholasticnews/indepth/headsup/facts/index.asp?article=drug_ecstasy

Short-Term Effects

- * Teeth Grinding
- * Sweating
- * Increased blood pressure and heart rate
- * Anxiety and panic attacks
- * Dehydration

Long-Term Effects

- * Kidney or heart failure
- * Stroke or seizure
- * Jaundice and liver damage
- * Can trigger diabetes, epilepsy or any mental disorder
- * Permanent damage of learning and memory functions of brain

Find More Info About "X"

CAMH

http://www.camh.net/About_Addiction_Mental_Health/Drug_and_Addiction_Information/ecstasy_dyk.html

OPHEA

http://www.opheaprograms.net/tasecondary/substance_use_and_abuse/descriptions_of_drugs/
Health Canada

<http://www.hc-sc.gc.ca/hc-ps/drugs-drogues/learn-renseigne/ecstasy-eng.php>

National Institute of Drug Abuse

<http://www.nida.nih.gov/InfoFacts/ecstasy.html>

Alberta Health Services

http://www.aadac.com/124_703.asp

Narconon

<http://www.narconon.ca/Ecstasy.htm>

Scholastic - Heads up: Real News About Drugs and Your Body

<http://teacher.scholastic.com/scholasticnews/indepth/headsup/intro/index.asp?article=welcome>

LSD

LYSERGIC ACID DIETHYLAMIDE

The hallucinogenic effect of LSD was first discovered in Switzerland in 1943 by Dr. Albert Hoffmann, a research chemist at a pharmaceutical company.

- ① Acid
- ① Back Breaker
- ① Blotter Acid
- ① Blotters
- ① Boomers
- ① Dots
- ① Mellow Yellow
- ① California Sunshine
- ① Cube
- ① Purple Haze



LSD also captured the attention of the CIA, who tested its potential for use in psychological warfare.

Concerns about the possible long-term effects of LSD led to new laws aimed at restricting its use. The sale, possession for the purpose of selling and distribution of LSD were first made punishable in Canada in 1962. - CAMH

DESCRIPTION

It is manufactured from lysergic acid which is made from a fungus that grows on rye and other grains. Pure LSD is white, odourless and slightly bitter crystalline powder.

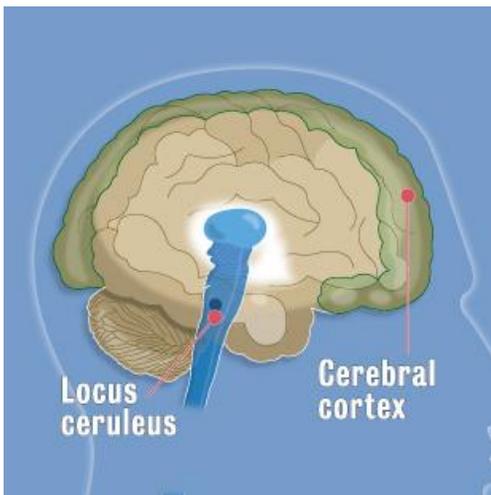


On the street LSD can be sold as a powder in capsules or tablet. LSD powder may also be sold as miniature powder pellets called "microdots". More often, the LSD crystals are dissolved into liquid which can be sold in small breath freshener droppers or applied to sugar cubes, gelatin squares ("window panes"), gum, candy, cookies or even postage stamps.
-Health Canada

THE "TRIP"

The Effects of LSD come on gradually within an hour, "peak" at two to four hours and gradually taper off, with the entire trip lasting up to 12 hours. Some users feel let down or tired for 12 to 24 hours after the trip is over.





LSD and other hallucinogens powerfully distort the functioning of the five senses, as well as one's sense of time and space. Some users even report a blending of the senses - seeing sounds and hearing colours - known as "synesthesia." An LSD trip may include terrifying experiences and inspire dangerous behaviour on a user's part.
 - *Scholastic: Heads Up Real News About Drugs and Your Body*

<http://teacher.scholastic.com/scholasticnews/indepth/headsup/facts/index.asp?article=hallucinogens>

Psychoactive Effects

- ★ Extreme mood swings from joy, desperation, depression, anxiety, terror, aggression
- ★ Altered sense of gravity
- ★ Difficulty concentrating
- ★ Impaired judgement of distance, time and speed
- ★ Impaired short-term memory
- ★ Recent or long-forgotten memories may blend with the present

Physical Effects

- ★ Numbness
- ★ Increased blood pressure / heart rate
- ★ Dizziness
- ★ Dilated pupils
- ★ Loss of appetite
- ★ Dry mouth
- ★ Chills
- ★ Nausea and weakness
- ★ Tremors

Long-Term Effects

- ★ Psychosis
- ★ Depression
- ★ Paranoid states
- ★ "Flashbacks"
- ★ Depression
- ★ Anxiety

MORE ABOUT LSD

CAMH

http://www.camh.net/About_Addiction_Mental_Health/Drug_and_Addiction_Information/lsd_dyk.html

Scholastic

<http://teacher.scholastic.com/scholasticnews/indepth/headsup/facts/index.asp?article=hallucinogens>

U.S. Department of Justice

<http://www.justice.gov/dea/pubs/straight/lsd.htm>

Health Canada

<http://www.hc-sc.gc.ca/hc-ps/drugs-drogués/learn-renseigne/lsd-eng.php>

National Institute on Drug Abuse

<http://www.nida.nih.gov/infofacts/hallucinogens.html>



Heroin

Heroin is a dangerous and illegal drug with a high addictive potential. It belongs to the opioid family of drugs. Heroin is a “semi-synthetic” opioid; it is made from morphine that has been chemically processed, giving it a strong and more immediate effect. Heroin is converted back into morphine in the brain.

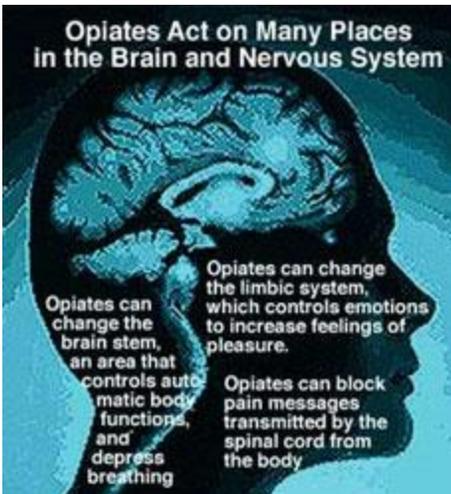
- △ Junk
- △ H
- △ Smack
- △ Horse
- △ Skag
- △ Dope
- △ Black Tar
- △ Dust
- △ Diamorphine



Most heroin is produced in Asia and Latin America, where opium poppies are grown. Morphine is extracted from the opium gum in laboratories close to the fields, and then converted into heroin in labs within or nearby the producing country.

-CAMH

Brain Damage



Heroin enters the brain, where it is converted to morphine and binds to receptors known as opioid receptors. These receptors are located in many areas of the brain (and in the body), especially those involved in the perception of pain and in reward. Opioid receptors are also located in the brain stem - important for automatic processes critical for life, such as breathing (respiration), blood pressure, and arousal. Heroin overdoses frequently involve a suppression of respiration.

-National Institute on Drug Abuse

<http://www.nida.nih.gov/infofacts/heroin.html>

Forms of Use

- ✂ Mainlining - Dissolved in water and injected into a vein
- ✂ Skin-popping - Dissolved and injected under the skin
- ✂ Chasing the Dragon - smoked
- ✂ Snorted





The purity of heroin can vary greatly. Heroin can be mixed with powdered milk, sugar, baking soda, procaine and lidocaine (local anesthetics) or even laundry detergent, talc, starch, curry powder, Ajax cleaner or styrchinine. All these “additives” are dangerous if they are injected into the blood stream.

- Neuroscience for Kids- <http://faculty.washington.edu/chudler/hero.html>

Heroin has a very rapid onset. A person who overdoses may fall unconscious very quickly after injecting the drug. - Health Canada

Regardless of how it is used, the effects of heroin generally last for three to five hours, depending on the dose. People who are dependent on heroin must use every six to 12 hours to avoid symptoms of withdrawal.

- CAMH

Short-Term

- Analgesia • Brief euphoria • Nausea • Sedation • Reduced anxiety • Hypothermia • Breathing difficulties • Death due to overdose

Withdrawal

- Intense and persistent cravings for drug
- Flu- like symptoms
- Sweating and dehydration
- Anxiety and Restlessness
- Loss of appetite
- Nausea and vomiting
- Diarrhea and goosebumps
- Involuntary jerking of the leg muscles



Further Information

CAMH

http://www.camh.net/About_Addiction_Mental_Health/Drug_and_Addiction_Information/heroin_dyk.html

National Institute on Drug Abuse

<http://www.nida.nih.gov/infofacts/heroin.html>

Health Canada

<http://www.hc-sc.gc.ca/hc-ps/drugs-drogues/learn-renseigne/heroin-eng.php>

Neuroscience for Kids

<http://faculty.washington.edu/chudler/hero.html>



Oxycodone

‡ OC

‡ OX

‡ Oxy

‡ Oxycotton

‡ Hillbilly Heroin

‡ Blue

Oxycodone is a narcotic frequently used as a pain reliever for the treatment of moderate to severe short-term and long-term pain as well as palliative care for the terminally ill. It produces an opiate- like effect similar to morphine in all aspects including its abuse and dependence.
Health Canada

OXYCONTIN

OxyContin contains oxycodone, which is an opioid drug like morphine, codeine, heroin and methadone.

Both Percocet and OxyContin relieve pain, but while Percocet gives relief for about five hours, the effects of OxyContin last about 12 hours.

Percocet contains 5 milligrams of oxycodone, which is released when the pill is taken. Percocet also contains acetaminophen (drug in Tylenol), which makes people sick if they take a lot of it.

*OxyContin doesn't contain acetaminophen. It is pure oxycodone in amounts much larger than Percocet. **Just one pill can have the same amount of oxycodone as 16 Percocet pills.***

CAMH



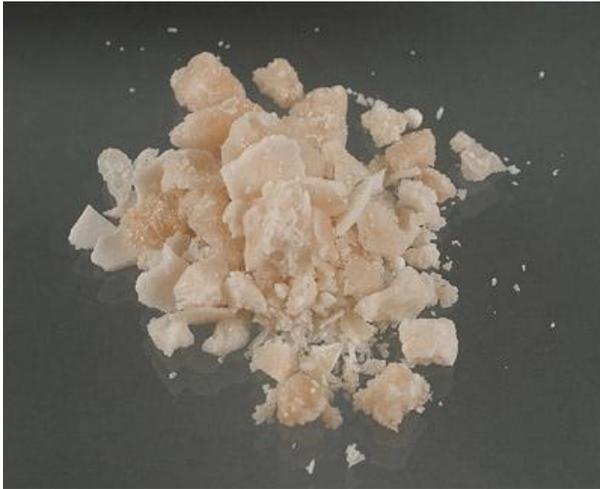
Dangers and Risks

Oxycodone is a time-released drug, but teens want to bypass the time-release function and use the drug to get an immediate “high” or “brain rush”. Some teens simply chew and swallow it. Others crush it and mix it into their drinks. Still others crush it and then breath (snort) it into their bodies or add water and inject it with a syringe. These ways of using oxycodone can cause death.

Teen OTC and Prescription Drug Abuse

Crack Cocaine

- ✎ 24-7
- ✎ Badrock
- ✎ Beat
- ✎ Candy
- ✎ Cloud
- ✎ Dice
- ✎ Fat Bags
- ✎ Gravel
- ✎ Grit
- ✎ Hard ball
- ✎ Hard rock
- ✎ Rocks



Crack is a crystal form of cocaine that can be smoked. Smoking the drug sends it to the brain very quickly, and gives more of a “rush” than snorting it. The high from crack lasts about five to ten minutes.

CAMH

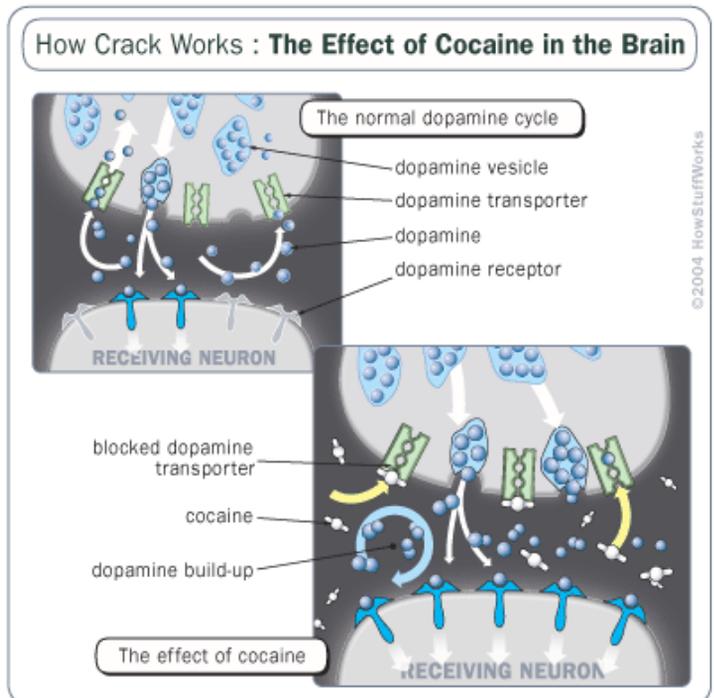
Because of its cheap cost and quick and intense high, crack cocaine quickly gained popularity among users, especially in poor urban areas. To make crack, powder cocaine is dissolved in a mixture of water and either ammonia or sodium bicarbonate (baking soda). The mixture is boiled to separate out the solid, and then it’s cooled. The solid is then dried and cut up into small nuggets, or “rocks.”

How Stuff Works

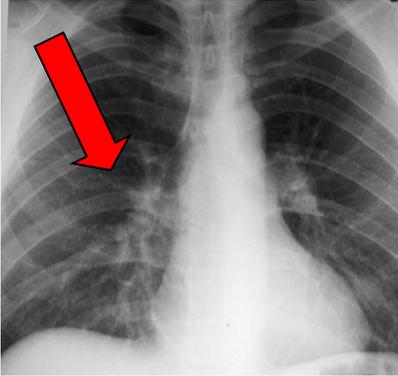
Crack in the Body

Crack interferes with a chemical messenger in the brain called dopamine, which is involved in the body’s pleasure response. Once released, dopamine travels across a gap between nerve cells, called a synapse, and binds to a receptor on a neighbouring nerve cell. This sends a signal to that nerve cell, which produces a good feeling. Under normal conditions, once the dopamine sends that signal it is reabsorbed by the neuron that released it. This reabsorption happens with the help of a protein called the dopamine transporter. Crack interrupts this cycle. It attaches to the dopamine transporter, preventing the normal reabsorption process. As dopamine builds up in the synapse, it continues to stimulate the receptor, creating a lingering feeling of euphoria.

-How Stuff Works: Crack and Cocaine



Crack Lung



Smoking cocaine can damage the lungs and cause “crack lung.” Symptoms include severe chest pains, breathing problems and high temperatures. Crack lung can be fatal.

Smoking crack, with its rapid, intense and short-lived effects is most addictive.

CAMH



Effects

Once inhaled into the lungs, crack goes directly to the bloodstream and brain in a concentrated form. This burst or rush produces an intense feeling of euphoria, self-confidence and power, but the “high” is very short-lived, lasting from five to 60 minutes.

Once the effect of the drug has worn off, users crash into depression, irritability and paranoia. To avoid these intense lows, users often smoke crack a number of times a day, and may use other drugs to try and keep the inevitable crash at bay, including alcohol, marijuana, or heroin.

Durham Regional Police Service



More on Crack Cocaine

CAMH

http://www.camh.net/About_Addiction_Mental_Health/Drug_and_Addiction_Information/crack_straight_talk.html

National Drug Intelligence Centre

<http://www.justice.gov/ndic/pubs3/3978/index.htm>

How Stuff Works: Crack

<http://health.howstuffworks.com/crack3.htm>

Cocaine.Org

<http://www.cocaine.org/justsayno.html>

Narconon United Kingdom

<http://www.drugrehab.co.uk/FAQ-crack.htm>

Addictions and Recovery.Org

<http://www.addictionsandrecovery.org/cocaine.htm>



Barbiturates

- + Reds
- + Red Devils
- + Yellow Jackets
- + Blue heavens
- + Christmas trees
- + Rainbows
- + Tranks
- + Downers

Barbiturates are a group of drugs used by doctors to treat patients who are suffering from anxiety or who are having trouble sleeping.. These are sedative drugs, which reduce activity in certain parts of your brain, resulting in a calming effect.

CAMH

Like tranquilizers and sleeping pills, barbiturates are “downers.” They work by reducing the amount of activity in the brain and central nervous system. This causes a feeling of calm in people who take them.
-Alberta Health Services



Low Doses

Barbiturates reduce anxiety; reduce respiration, reduce blood pressure, reduce heart rate and reduce rapid eye movement (REM) sleep

High Doses

Barbiturates an actually *increase* some types of behaviour and act like a stimulant. These effects may be caused by depression of inhibitory brain circuits. In other words, barbiturates at these doses act to remove inhibitory behaviour.

-Neuroscience for Kids

Overdose

Barbiturates can lead to excessive sedation and cause anesthesia, coma and even death.

Barbiturates overdoses may occur because the effective dose of the drug is not far away from the lethal dose.



AMBIEN
[ZOLPIDEM TARTRATE] G



Barbiturates to Benzodiazepines

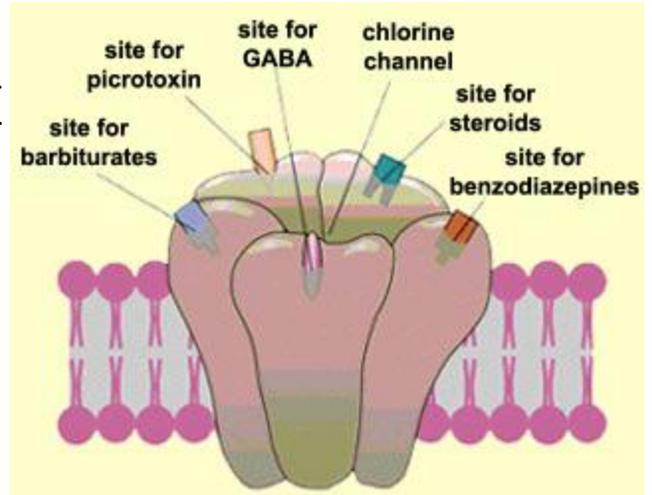
Barbiturates have been used extensively in the past as sedatives. A new group of drugs call BENZODIAZEPINES has replaced many of the barbiturates. However, barbiturates are still used to treat some types of epilepsy.

-Neuroscience for Kids

After benzodiazepines are ingested, they bind to a specific site on the GABA receptor. The presence of benzodiazepine on this site potentiates the effect of the GABA, further diminishing the brain hyperactivity associated with anxiety.

Because GABA is the primary inhibitory neurotransmitter in the mammalian nervous system, it is involved in a great many physiological functions.

- Canadian Institutes of Health Research



When taken by mouth, the effects of benzodiazepines may be felt within 30 to 40 minutes or within two to four hours, depending on the type taken. Most benzodiazepines have effects that are felt for several hours. The time it takes to eliminate these drugs from the body also varies depending on the type taken, and ranges from days to weeks.

- CAMH



More on Barbiturates

CAMH

http://www.camh.net/About_Addiction_Mental_Health/Drug_and_Addiction_Information/benzodiazepines_dyk.html

Alberta Health Services

http://www.aadac.com/124_709.asp

Canadian Institutes of Health Research - The Brain from Top to Bottom

http://thebrain.mcgill.ca/flash/i/i_04/i_04_p/i_04_p_peu/i_04_p_peu.html

Neuroscience for Kids

<http://faculty.washington.edu/chudler/barb.html>

SAMHSA'S National Clearinghouse

<http://ncadi.samhsa.gov/govpubs/rp0926/#Depr>



Psilocybin

- ✓ Magic
- ✓ Magic mushrooms
- ✓ Mushrooms
- ✓ Shrooms
- ✓ Mushies
- ✓ Fungus
- ✓ Fungus Delight

Psilocybin is a hallucinogenic substance obtained from certain types of mushrooms that are indigenous to tropical and subtropical regions of South America, Mexico, and the United States. These mushrooms typically contain 0.2 to 0.4 percent psilocybin and a trace amount of psilocyn, another hallucinogenic substance. Both psilocybin and psilocyn can be produced synthetically, but law enforcement reporting currently does not indicate that this is occurring.

- National Drug Intelligence Centre



Hallucinogens alter a person's perceptions such as seeing, hearing or feeling things that are not really there. It may be sold on the street as dried whole mushrooms or as a brown powdered material. The active component is sometimes made in illegal labs and sold on the street as a white powder or tablets, or capsules.

The mushrooms are often eaten raw or cooked. They may be steeped in hot water to make a mushroom "tea" or mixed with fruit juice to make "fungus delight." Less often they may be sniffed, snorted or injected.

- Health Canada

Psilocybin on the Brain

The active compounds in psilycbin-containing "magic" mushrooms have LSD-like properties and produce alterations of autonomic function, motor reflexes, behaviour, and perception, The psychological consequences of psilocybin use include hallucinations, an altered perception of time, and an inability to discern fantasy from reality. Panic reactions and psychosis also may occur, particularly if a user ingests a large dose. Long-term effects such as flashbacks, risk of psychiatric illness, impaired memory, and tolerance have been described in case reports.

-National Institute on Drug Abuse



Hidden Dangers

- Psilocybin is often fake (supermarket mushrooms laced with LSD or toxic mushrooms, which can lead to permanent liver damage or death)
- Some poisonous mushrooms look similar to psilocybin



SHORT TERM

- ☼ Light - headedness
- ☼ Dilated pupils
- ☼ Nausea and vomiting
- ☼ Dry mouth
- ☼ Numbness, particularly facial numbness
- ☼ Exaggerated reflexes
- ☼ Sweating and increased body temperature followed by chills
- ☼ Muscle weakness and twitching
- ☼ Increased blood pressure and heart rate



Long-Term Consequences

Some users experience such extremely unpleasant hallucinations that the fear of that experience remains with them for life. Users with a history of mental illness should not take hallucinogens, including psilocybin, because they can trigger or aggravate conditions like schizophrenia, mania or depression.

- University of Brown Health Services



Further Information on Psilocybin

CAMH

http://www.camh.net/About_Addiction_Mental_Health/Drug_and_Addiction_Information/hallucinogens_dyk.html

Health Canada

<http://www.hc-sc.gc.ca/hc-ps/drugs-drogues/learn-rensaigne/psilocybin-eng.php>

National Institute on Drug Abuse

<http://www.nida.nih.gov/infofacts/hallucinogens.html>

University of Brown Health Services

http://brown.edu/Student_Services/Health_Services/Health_Education/alcohol,_tobacco,_&_other_drugs/psilocybin.php

Go Ask Alice

<http://www.goaskalice.columbia.edu/1357.html>

Palo Alto Medical Foundation

<http://www.pamf.org/teen/risk/drugs/hallucinogens/psilocybin.html>

CANNABIS

- ✿ Grass
- ✿ Weed
- ✿ Pot
- ✿ Dope
- ✿ Ganja
- ✿ Hash
- ✿ Hash Oil
- ✿ Honey Oil

Cannabis sativa, also known as the hemp plant, has been cultivated for centuries for industrial and medical use, and for its “psychoactive,” or mind-altering, effects. Marijuana, hashish and hashish oil all derive from the cannabis plant.

More than sixty-one chemicals, called cannabinoids, have been identified as specific to the cannabis plant. THC (delta-9-tetrahydrocannabinol) is the main psychoactive cannabinoid, and is the main psychoactive cannabinoid, and is most responsible for the “high” associated with marijuana smoke.
-CAMH



Marijuana is the dried flower buds and leaves of the cannabis plant. It ranges in colour from grayish green to greenish brown and may contain seeds and stems. Hashish is the dried, compressed resin of cannabis flowertops. It ranges in colour from brown to black, and is sold in chunks. Hash oil is made by boiling cannabis flowertops or resin in an organ solvent, which produces a sticky reddish-brown or green substance.

-CAMH

After using cannabis, THC is absorbed into the bloodstream and it travels to the brain. In the brain, THC binds to specific receptors, called cannabinoid receptors. This binding reaction in the brain produces the effects felt by the user.

-Health Canada

Hash Hash Oil Marijuana

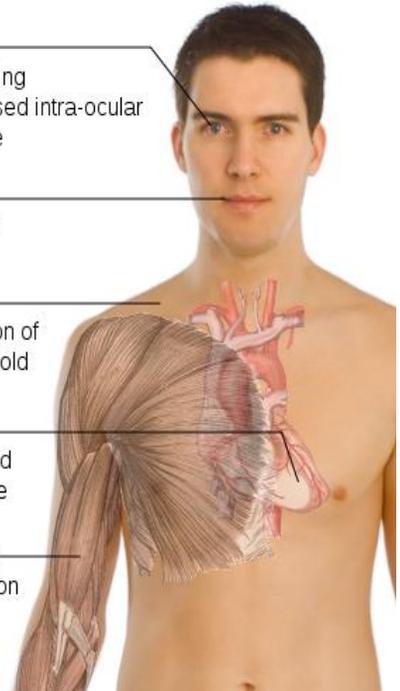
Hash is the dried, compressed resin from the flower tops. It is generally sold as brown or black chunks and has more THC than marijuana

Hash oil is a red-brown or green sticky substance that is made by boiling the flower tops in an organic solvent.

Marijuana is the dried leaves or flower buds of the plant. It is usually grayish-green to brown in colour.

Bodily effects of Cannabis

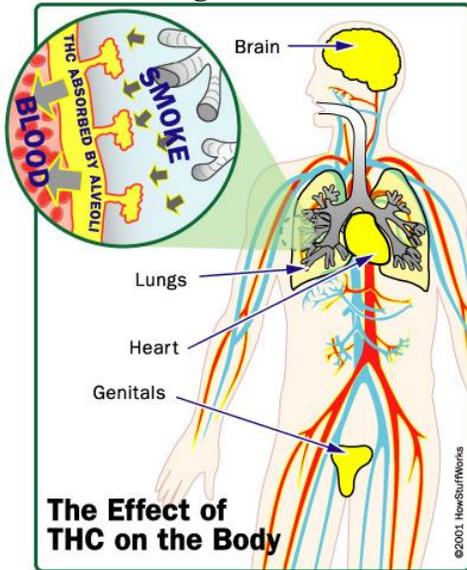
- Eyes:**
 - Reddening
 - Decreased intra-ocular pressure
- Mouth:**
 - Dryness
- Skin:**
 - Sensation of heat or cold
- Heart:**
 - Increased heart rate
- Muscles:**
 - Relaxation



Marijuana vs. Cigarettes

It is a common misconception that smoking cannabis is somehow less harmful than smoking cigarettes but experts from the British Lung Foundation believe smoking one cannabis joint has the same damaging effect on the lungs as five cigarettes.

-NHS England



Scientists know that marijuana smoke has adverse effects on the lungs. However, there is little knowledge about marijuana's potential to cause lung cancer due to the difficulty in identifying and studying people who have smoked only marijuana.

The new study begins to address that question by comparing marijuana smoke vs. tobacco smoke in terms of toxicity to cells and to DNA. There were distinct differences in the degree and type of toxicity elicited by marijuana and cigarette smoke. Marijuana smoke caused significantly more damage to cells and DNA than tobacco smoke, the researchers note.

- Science Daily

Numerous studies have shown marijuana smoke to contain carcinogens and to be an irritant to the lungs. In fact, marijuana smoke contains 50-70 percent MORE carcinogenic hydrocarbons than does tobacco smoke. Marijuana users usually inhale more deeply and hold their breath longer than tobacco smokers do, which further increase the lungs' exposure to carcinogenic smoke.

-National Institute on Drug Abuse

More on Cannabis

CAMH

http://www.camh.net/About_Addiction_Mental_Health/Drug_and_Addiction_Information/cannabis_dyk.html

Health Canada

<http://www.hc-sc.gc.ca/hc-ps/drugs-drogues/learn-renseigne/cannabis-eng.php>

Science Daily

<http://www.sciencedaily.com/releases/2009/08/090805110741.htm>

National Institute on Drug Abuse

<http://www.nida.nih.gov/infacts/marijuana.html>

Talk to Frank

<http://www.talktofrank.com/drugs.aspx?id=172>

About Bill C-15

<http://www.straight.com/article-209473/bill-c15-could-fill-prisons>

Opioids

- 🐜 Junk
- 🐜 H
- 🐜 Smack
- 🐜 Skag
- 🐜 Miss Emma
- 🐜 Percs
- 🐜 Juice
- 🐜 M

Opioids are a family of drugs that have morphine-like effects. Their primary medical use is to relieve pain. Other medical uses include control of coughs and diarrhea, and the treatment of addiction to other opioids. Opioids can also produce euphoria, making them prone to abuse.
-CAMH



Opioids act on the brain and body by attaching to specific proteins called opioid receptors, which are found in the brain, spinal cord, and gastrointestinal tract. When these drugs attach to certain opioid receptors, they can block the perception of pain. Opioids can produce drowsiness, nausea, constipation, and depending upon the amount of drug taken, depress respiration. Opioid drugs also can induce euphoria by affecting the regions that mediate what we perceive as pleasure.
-National Institute on Drug Abuse

Some opioids, such as morphine and codeine, occur naturally in opium, a gummy substance collected from the seed pod of the opium poppy, which grows in southern Asia. Other opioids, such as heroin, are made by adding a chemical to morphine.

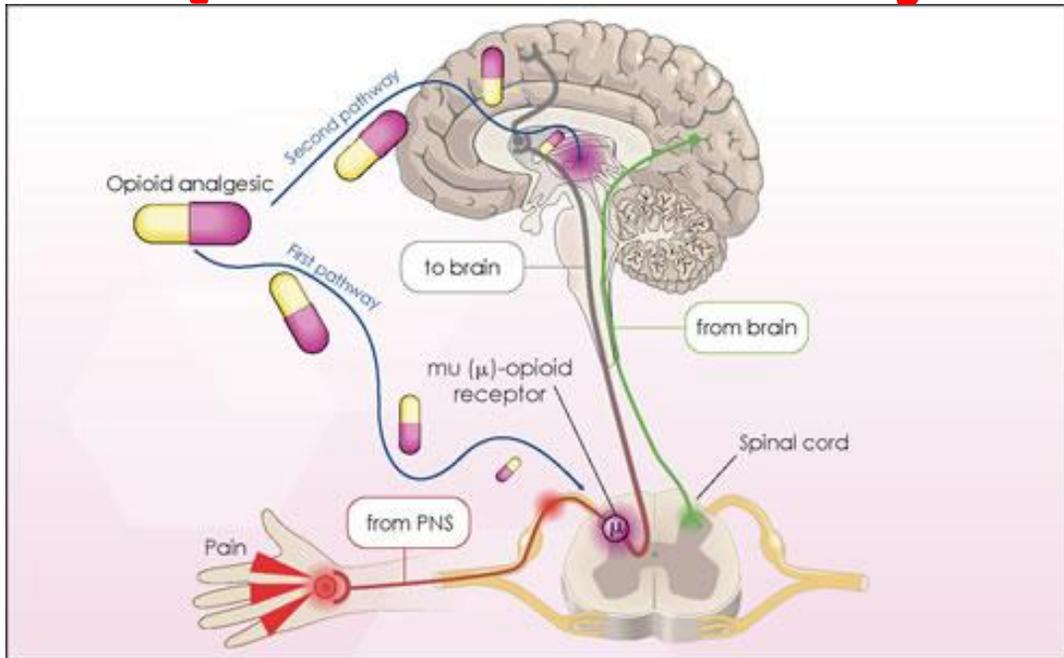
Prescription opioids come in various forms - tablets, capsules, syrups, solutions and suppositories.
-CAMH



Opioids may be classified as natural, semi-synthetic, fully synthetic, or endogenous. Natural opioids such as codeine and morphine are derived from opiate alkaloids contained in the resin of the opium poppy. Semi-synthetic opioids such as oxycodone and hydrocodone are created by chemically altering the natural opioids. Fully synthetic opioids such as methadone are synthesized from non-opioid substances in laboratories. Endogenous opioids are naturally produced by the body and include substances such as endorphins.
- Medical News Today



Opioids in the Body



Short-Term

- Opioid drugs can cause nausea and vomiting, constipation, drowsiness, tiny pupils, blurred vision and poor night vision.

Long-Term

- People who misuse opioid drugs can feel depressed and have difficulty concentrating and sleeping. Constipation is a common side effect.
- The regular use of codeine with ASA can cause stomach bleeding

Further Reading

CAMH

http://www.camh.net/About_Addiction_Mental_Health/Drug_and_Addiction_Information/opioids_dyk.html

Alberta Health Services

http://www.aadac.com/87_423.asp

Medical News Today

<http://www.medicalnewstoday.com/info/oic/what-are-opioids.php>

National Institute on Drug Abuse

<http://www.drugabuse.gov/Researchreports/Prescription/prescription2.html>

Cancer Help UK

<http://www.cancerhelp.org.uk/coping-with-cancer/coping-physically/pain/treatment/drugs/types-of-painkillers>

ALCOHOL



Alcohol is a drug that slows down parts of your brain. Drinking alcohol can make you feel more relaxed. It can also make it harder to think clearly, make good decisions and do various tasks.

Alcohol is made by fermenting (and sometimes distilling) fruits, vegetables or grains. Alcohol itself is a clear liquid. The colour in beer, spritzers, wine and other alcoholic drinks comes from other ingredients and from the process of fermentation.

-CAMH

Alcohol Effects on the Body

When people drink alcohol, it's absorbed into their bloodstream. From there, it affects the central nervous system (the brain and spinal cord), which controls virtually all body functions.

Alcohol is a depressant, which means it slows the function of the central nervous system. Alcohol actually blocks some of the messages trying to get to the brain. This alters a person's perceptions, emotions, movement, vision, and hearing.

- TeensHealth



About 6,700 Canadians die each year as a result of drinking alcohol - due to car crashes, other accidents, suicides and murders, and health problems related to alcohol use.

-CAMH



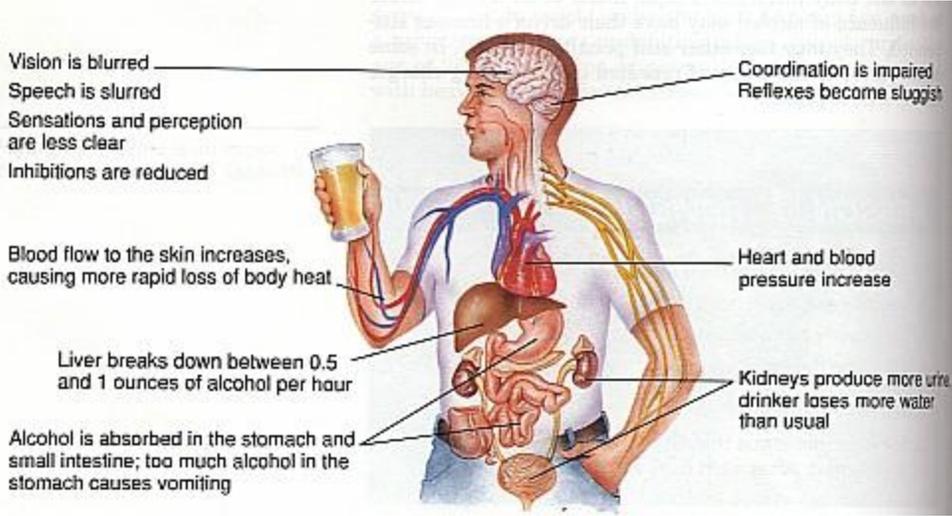
One mixed drink with
• 1.5 fl oz (44 mL)
of 80-proof liquor
(such as vodka,
gin, scotch, bourbon,
brandy, or rum)

5 fl oz (148 mL)
of wine

12 fl oz (355 mL) of
beer or wine cooler



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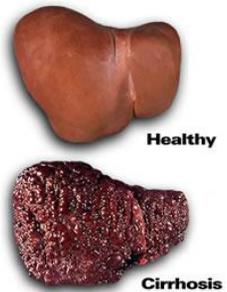


SHORT-TERM

- Feelings of relaxation and lowered inhibition
 - Negative effects on clear thinking, judgement and decision-making
 - Slows reflexes; impairs ability to perform tasks that require coordination
 - May affect moods; the person may become angry or take dangerous risks
 - Binge drinking intensifies short-term effects
- OPHEA

LONG-TERM

- Inflamed stomach or pancreas
 - Cirrhosis of the liver
 - Certain cancers of the gastrointestinal tract
 - Heart disease; high blood pressure
 - Brain and nerve damage
- OPHEA



More on Alcohol

CAMH

http://www.camh.net/About_Addiction_Mental_Health/Drug_and_Addiction_Information/about_alcohol.html

http://www.camh.net/About_Addiction_Mental_Health/Drug_and_Addiction_Information/alcohol_dyk.html

Kids Health

Alberta Health Services

http://www.aadac.com/124_686.asp

http://kidshealth.org/teen/drug_alcohol/alcohol/alcohol.html#

OPHEA

http://www.ophea.net/ophea/Ophea.net/upload/TA_AlcoholFS_15MY07.pdf



Tobacco



Tobacco is a tall, leafy annual plant, originally grown in South and Central America, but now cultivated throughout the world, including southern Ontario.

Tobacco leaves can be burned and inhaled (in the form of cigarettes, cigars, pipes, smoke, etc.) or absorbed through the mouth (in the form of spit tobacco, chew or snuff.) The membranes of the nose, mouth and lungs act as nicotine delivery systems - transmitting nicotine into the blood and to the brain.

-TobaccoFacts.Org



Why Does Smoking Kill?

Tobacco smoke contains more than 4,000 chemicals. Many are known to be harmful substances including tar, nicotine, carbon monoxide, benzene, formaldehyde and hydrogen cyanide. More than 50 of these chemicals cause cancer.



When you smoke a cigarette, you feel the effects within seconds -- but they last for only a short time. When you inhale a puff of cigarette smoke, nicotine is rapidly absorbed through the small airways and alveoli of the lungs into the bloodstream. From here, it goes through the heart and is pumped to the brain within eight to 10 seconds. Each time you take a puff, the brain gets another hit of nicotine. Most regular smokers feel like they want to smoke another cigarette 30 to 60 minutes after smoking.

-CAMH

Nicotine



Nicotine is one of the main ingredients in tobacco. Nicotine is a powerful drug that speeds up the brain and central nervous system. It triggers the release of a chemical in your brain (dopamine) that boosts your mood, makes you feel calm, and at the same time, can make you feel more alert. The nicotine in cigarette smoke is absorbed through the skin lining of the mouth and the nose.

The Lung Association



In Ontario, 13,000 deaths (37 deaths per day) are attributable to tobacco use. In 2007, 9.5% of 12 to 19 year olds reported being current smokers in Ontario. This is down from 10.6% in 2005. For the tobacco industry to survive it must recruit new smokers to replace those who die or quit.

-OPHEA



More on Tobacco

CAMH

http://www.camh.net/About_Addiction_Mental_Health/Drug_and_Addiction_Information/about_tobacco.html

The Lung Association - Lungs are for Life

<http://www.lungsareforlife.ca/>

Health Canada

<http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/research-recherche/stat/index-eng.php>

OPHEA

<http://www.ophea.net/Ophea/Ophea.net/Play-Live-Tobacco-free-Ontario.cfm>

Tobacco Facts.Org

http://www.tobaccofacts.org/tob_truth/index.html

Canadian Council for Tobacco Control

<http://www.cctc.ca/>

World Health Organization

<http://www.who.int/topics/tobacco/en/>