



Common and Popular Drugs

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Sunrise House Counselor



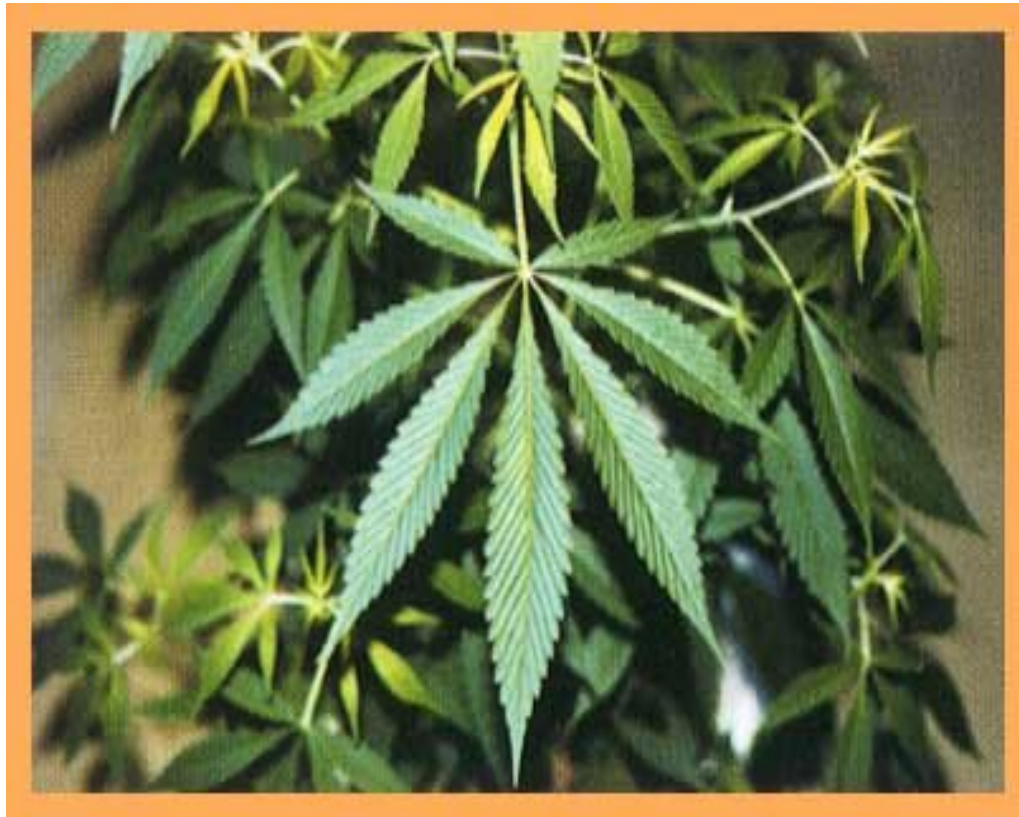
Common and Popular Drugs

- Keeping a line of communication open with your children is the best way to keep them off drugs. If kids know that they can speak freely they will be more willing to talk to their parents about drugs. You are the best anti-drug for your child.
- Common signs of drug use are any changes in friends, clothes, attitude, interests or communication difficulties.

Marijuana



Marijuana





Marijuana

- In the 2006 California Healthy Kids Survey taken in the Salinas Union High School District, it was shown that 35% of 11th graders have smoked marijuana at some point in their life.



Signs of Marijuana Use

- Red (bloodshot) eyes
- Sleepy appearance
- Reduced motivation
- Dry mouth
- Increased appetite
- Slurred speech
- Inappropriate laughing
- “Skunky” smell on clothing or body

Marijuana Paraphernalia

Marijuana can be smoked in a variety of ways...



Marijuana Paraphernalia

Marijuana can also be eaten





Marijuana Risks

- Chronic bronchitis, hacking cough, wheezing, emphysema, and paranoia are all typical consequences of marijuana use.
- Using any drug during the teenage years, and early twenties, can stunt brain development which effects learning, memory, perception, judgment and much more.

Alcohol



Alcohol





Alcohol

- According to the National Center on Addiction and Substance Abuse, almost 80% of high school students have tried alcohol. Teens who drink are more likely to be sexually active and have unprotected sex.
- The 2006 CHKS showed that 59% of 11th graders have consumed alcohol at some point in their lives.



Signs of Alcohol Use

- Slurred speech.
- Loss of coordination.
- Staggering walk or inability to walk.
- Nausea and vomiting.



Alcohol Risks

- The risks of using alcohol are:
- Cirrhosis of the liver
- Heart disease
- Kidney disease
- Alcohol poisoning
- Ulcers
- Strokes
- Brain damage
- Osteoporosis
- Cancers of the intestines and colon



Risks of Alcohol Use

- Alcoholism is hereditary as well, people with family histories of alcoholism should be particularly alert for signs of problems. Children of alcoholics are about four times more likely than others to develop alcohol problems, according to the National Institute on Alcohol Abuse and Alcoholism.
- Each year, an estimated 7,000 people under the age of 21 die from alcohol-related injuries.

Tobacco

Here are two examples of tobacco products.



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Tobacco

- Tobacco is the cause of over 400,000 deaths per year. That is more than fires, alcohol, AIDS, car crashes, suicides, and murders combined.
- When smoking tobacco, you inhale tar, nicotine, carbon monoxide and 200 known poisons into your lungs.



Chemicals known to be in Tobacco

- Cyanide (used for capital punishment)
- Carbon Monoxide (car exhaust)
- Formaldehyde (embalming fluid)
- Arsenic (rat poison)
- Acetone (paint thinner)



Tobacco Signs

- Signs that someone is smoking cigarettes are:
- lighters
- the smell of tar and nicotine
- congested sounding coughing.



Tobacco Risks

- If your child hangs out with someone who smokes it can still effect their health.
- Approximately 3,000 non-smokers die each year from lung cancer.



Gateway Drugs

- Marijuana, Alcohol, and Tobacco are considered gateway drugs. These are the drugs that people are first exposed to and experiment with. Most people believe that these drugs open the door to more serious drugs such as; crack, cocaine, etc.

Prescription Drugs





Prescription Drugs

- Common ones that teens abuse are Vicodin, Xanax, OxyContin, Ritalin and Adderall. Any type of sedatives and stimulants.
- Many of these drugs can be addicting. Between 1995 and 2005, treatment admissions for prescription painkillers increased more than 300 percent.



Prescription Drugs

- Prescription drugs that are being abused today are addictive, drugs like Vicoden and OxyContin are both opiate based, as is heroin.
- Stimulant prescription drugs like Adderal, Ritalin, and Dexedrine are all amphetamine based medications. Amphetamines are closely related to methamphetamines.



Signs Of Prescription Drug Abuse

- Change in sleep pattern
- Glazed eyes
- Repeated health complaints
- Nausea

(depending on what drug is being abused the signs vary)



Prescription Risks

- The risks of abusing prescription drugs:
- Overdose
- Lowered blood pressure or increased blood pressure (depending on what drug is being abused)
- Seizures
- Hallucinations
- Stop breathing

OTC (over the counter)

Over the counter medication is your average cold remedy, pain reliever, or decongestant.



Over the Counter (OTC)

- The most common one used by young people is cough syrup, which contains DXM (Dextromethorphan). Too much can make a person feel drunk.
- Cold medicines such as Robitussin, Nyquil, Vicks Formula 44, and Coricidin HBP, Cough and Cold tablets all contain DXM.



Over the Counters (OTC)

- The other types of over the counter medications that are abused by young people are Laxatives and Diuretics (water pills).
- The pills make them lose body fluids, which makes people think they are losing weight. In reality, they are losing vital fluids that keep us healthy.



Over the Counters (OTC) Risks

The health risks of abusing OTC cough and cold remedies include: impaired judgment/nausea, panic attacks, psychosis, headache, vomiting, diarrhea, dizziness, loss of consciousness, insomnia, restlessness, abdominal pain, irregular heartbeat, aches, cold flashes, high blood pressure, seizures, brain damage, coma, and death.

Over the Counters



Ecstasy (MDMA)



Ecstasy (MDMA)

- Ecstasy is a chemical that is usually taken orally, by capsule or tablet. It is a man-made drug that is chemically similar to both stimulants and hallucinogens.
- When people buy ecstasy they don't always know what they are getting. It is not always pure MDMA. The ingredients used to make the drug vary greatly.



Ecstasy (MDMA) Risks

- Taking ecstasy causes chemical changes in the brain that affect your mood, appetite and sleep.
- Ecstasy can make it difficult for your body to control its temperature, which may cause hyperthermia.
- Hyperthermia may cause an increase in body temperature that can lead to liver, kidney and heart failure. Hyperthermia can be very unpredictable.

Ecstasy Paraphernalia

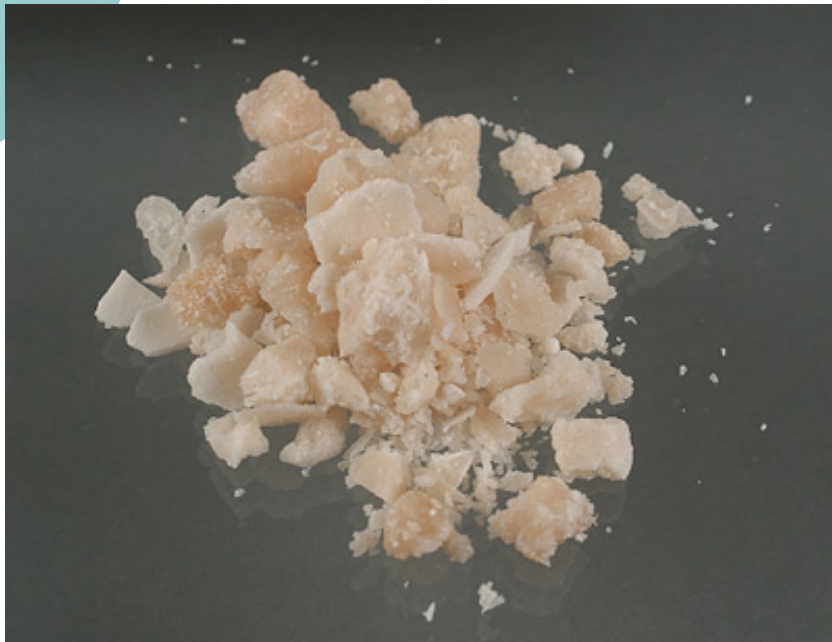
Pacifiers, plastic necklaces, and lollipops can all be signs of ecstasy use. Extremely dilated pupils are another sign.



Cocaine and Crack

This is what crack/cocaine and cocaine look like

Crack



Cocaine





Crack/Cocaine Signs

- Signs that someone is using crack or cocaine:
- Definite changes in personality or behavior.
- Loss of concentration.
- Weight loss
- Association with people known to use drugs
- Animosity toward family members and friends.
- Altered sleep patterns.
- Extreme paranoia (suspicious of everyone).
- Restlessness
- Anxiety

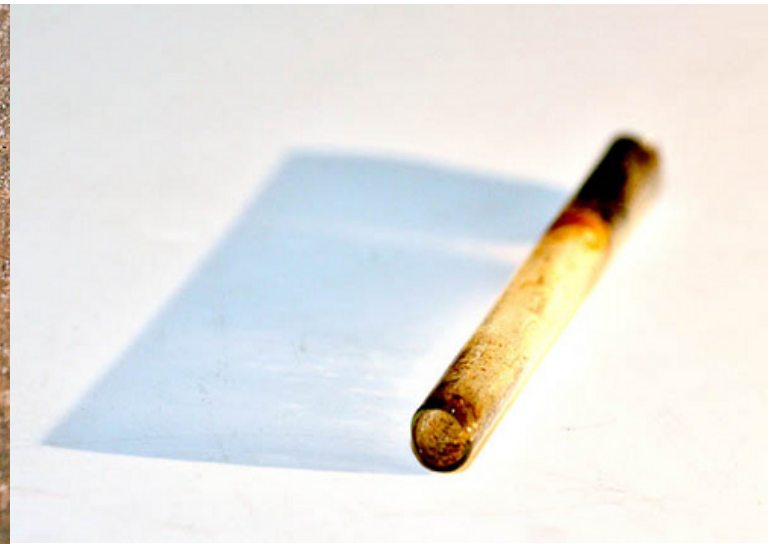


Cocaine and Crack Risks

- Crack and Cocaine are highly addictive. Both can kill you the first time you use it.
- Using crack, or cocaine, may increase your blood pressure and heart rate which can cause heart attacks and strokes.
- Cocaine use may cause damage to your nose. Snorting can eat away at the cartilage in your nose causing perhaps a collapse in the nasal cavity

Cocaine and Crack Paraphernalia

Crack can be smoked, or injected. Cocaine can be snorted, smoked or injected.



Methamphetamine





Methamphetamine Signs

- Signs that someone is using methamphetamines include:
Insomnia, irritability, loss of appetite, extreme weight loss, acne, nausea, vomiting, diarrhea, paranoia, depression, anxiety, and even seizures. Not all of these signs need to be present to tell if your child is using meth.



Methamphetamine Risks

- Meth increases heart rate, blood pressure, and the risk of stroke. It can kill you the first time you take it.
- Prolonged use may cause damage to your liver, lungs and kidneys.
- Abusing methamphetamines can bring the onset of toxic psychosis (similar to paranoid schizophrenia), which is irreversible.

Methamphetamine Paraphernalia

Methamphetamine can be taken in pill form, snorted, smoked, and injected.



Methamphetamine



What Now?





What Now?

- If any of these seem present in your child's life, what you can do is talk to your child with an open atmosphere. Talking sooner is always better.
- If you suspect your child is using drugs you can take them to their physician and get a drug test. Doctors on duty will also do drug tests for \$35.
- You can also come talk to one of us here at Sunrise House. We also have counselors at each one of the public high schools in Salinas.



Contact Information

- Please feel free to contact a Sunrise House counselor
106 Lincoln Ave. Salinas, CA. 93901 (831)758-3302
or email us at sunrise.hs@gmail.com
- Everett Alvarez High School Counselor, Debra Ehrmman (831) 796-7849.
- Salinas High School Counselor, Gilbert Olivares
(831)796-7400
- Alisal High School Counselor, Guadalupe Figueroa
(831)796-7663
- North Salinas High School Counselor, Johanna Perez
(831)796-7518
- Mount Toro High School Counselor, Susan Silacci
(831)796-7754

Support Groups

- Marijuana's Anonymous DISTRICT 9
P.O. Box 5144
Santa Cruz, CA 95063
(831) 427-4088, Wed - SANTA CRUZ - 7:00
pm Loudon Nelson Center @ 301 Center
Street (at Laurel)
- N.A. Meetings can be found here
<http://www.na.org/> or you can call (831)
758-1630
- AA meetings are held in various locations in
Salinas, You can call (831)753-5145 for
meeting times and locations