

## Did you know?

Mixing prescriptions with alcohol or over-the-counter drugs can be dangerous!

- It can cause a drop in heart rate and breathing
- It can increase risk of overdose and death

## What to expect when cutting back or quitting your drinking:

- Your doctor or Behavioral Health Specialist can help you set up a plan.
- Change takes time.
- You will need support.
- You may have some withdrawal symptoms.
- Contact your doctor if you are having any medical concerns.

## Where can I learn more?

[www.drugabuse.org](http://www.drugabuse.org)

[www.nida.nih.gov](http://www.nida.nih.gov)

## Something to try:

1. \_\_\_\_\_

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## Community Resources:

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2. \_\_\_\_\_

## Behavioral Health Specialist:

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## Phone number:

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# WE ASK EVERYONE.



# Alcohol

## What is considered one drink?

One drink, or a standard drink, is the same as a beer, a shot of liquor, or a glass of wine if the amount poured is 12 ounces of beer, 1.5 ounces of liquor or 5 ounces of wine.



Follow this chart to keep drinking at low risk. If you drink more than these amounts, you are at risk for developing problems due to alcohol use.

### Men

No more than 4 drinks on any day

No more than 14 drinks per week

### Women

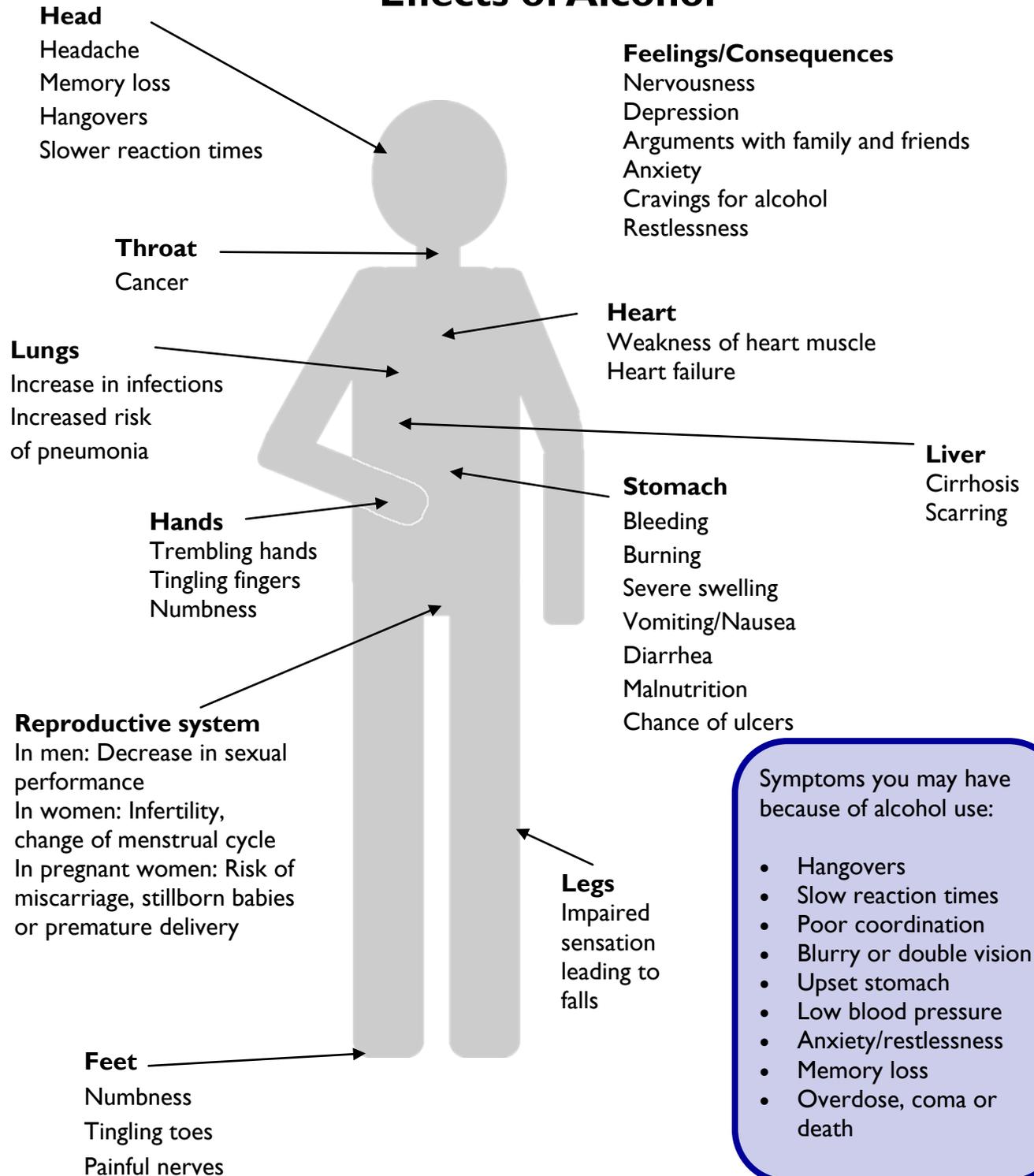
No more than 3 drinks on any day

No more than 7 drinks per week

### Some people should not drink at all:

- Women who are pregnant
- People who plan to drive or engage in activities that require alertness and skill
- People taking certain medications
- People with medical conditions
- Recovering alcoholics
- Anyone under the age of 21

## Effects of Alcohol



Symptoms you may have because of alcohol use:

- Hangovers
- Slow reaction times
- Poor coordination
- Blurry or double vision
- Upset stomach
- Low blood pressure
- Anxiety/restlessness
- Memory loss
- Overdose, coma or death

## Did you know?

- Bath Salts can cause a state of “excited delirium” in which the user hallucinates and becomes disoriented, violent, aggressive, and impossible to restrain.
- Excited delirium can last for days or even longer.
- *Excited delirium can cause permanent damage to the brain, and can be deadly.*

## What to expect when cutting back or quitting:

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## Bath Salts

## Bath Salts

“Bath Salts” is the street name for a designer drug that *looks* similar to real bath salts, but is actually a chemical made in a lab. Some common chemicals in Bath Salts are: mephedrone, methyone, and methylenedioxypropylvalerone (MDPV).

### Are Bath Salts Illegal?

2 of the 3 most common chemicals in Bath Salts are banned by the Food and Drug Administration (FDA).

Labeling Bath Salts as “not intended for human consumption” helps drug makers get around the law, even though the intent is for users to consume it.

Makers of Bath Salts continue to create new formulas of the drug that are still technically legal.

### Don't be fooled by labels.

- The name on the label might sound mellow, but the effects of Bath Salts can be 10 times stronger than cocaine.
- There may be other chemicals added to Bath Salts that can cause serious or deadly side effects.
- There is no way to know what you are actually taking. No one is regulating what drug makers put into Bath Salts.

## Effects of Bath Salts

### Eyes

- Dilated pupils

### Heart

- Very fast heartbeat
- Deadly heart rhythms
- Heart attack
- High blood pressure
- Stroke
- Death

### Stomach

- Stomach ache or pain
- Nausea

### Brain and Behavior

- Agitation
- Combativeness
- Hallucinations
- Delusions
- Violence and extreme aggression
- Seizures
- Extreme paranoia
- Suicidal thoughts
- Headaches

### Lungs

- Shortness of breath
- Chest pains

### Skin

- Hot
- Sweaty

### How long does it last?

The effects of Bath Salts can last from 2 hours to a few days or even weeks. There is no way to predict how each person will be affected and for how long.

Bath Salts can affect users in different ways, even if taken from the same packet. The strength of the drug can also be very different from packet to packet.

Bath Salts are a white, powdery substance that can be eaten, snorted, smoked or injected. Some common brand names:

Bliss Ivory Wave Cloud Nine

Blue Silk Red Dove Stardust

Sextasy Loco-Motion

Stairway to Heaven Tranquility

## Did you know?

Mixing cocaine and alcohol increases the risk for sudden death!

When people mix cocaine and alcohol the body has a hard time deciding whether to speed up from the cocaine or to slow down from the alcohol.



Cocaine can cover up signs of too much alcohol use. This can lead to overdose.

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## Cocaine

## Cocaine



Cocaine (powder) and Crack Cocaine (rocks) are stimulant drugs.

These drugs speed up the body's heart rate, breathing and blood pressure.

Overdose can make a person's heart stop and often leads to death.

### Things to think about:

- Do I ever have chest pain?
- Do I have trouble sleeping or stay up for a long time without sleeping?
- Do I get a lot of nose bleeds?
- Do I ever feel like people are watching me or out to get me?

### Risks for Cocaine Users:

- Cocaine is often "cut" with other drugs or substances.
- Sharing needles raises risks for:
  - Hepatitis B or C
  - HIV

## Effects of Cocaine

### Brain

Hallucinations  
Seizures  
Strokes  
Dizzy  
Insomnia

### Nose

Nosebleeds  
Runny nose  
Loss of sense of smell

### Teeth

Broken or weak teeth

### Heart

Faster heartbeat  
More risk for heart attack  
High blood pressure  
Stroke

### Stomach

Stomach ache or pain  
Nausea

### Reproduction

Risk of miscarriage  
Preterm labor

### Eyes

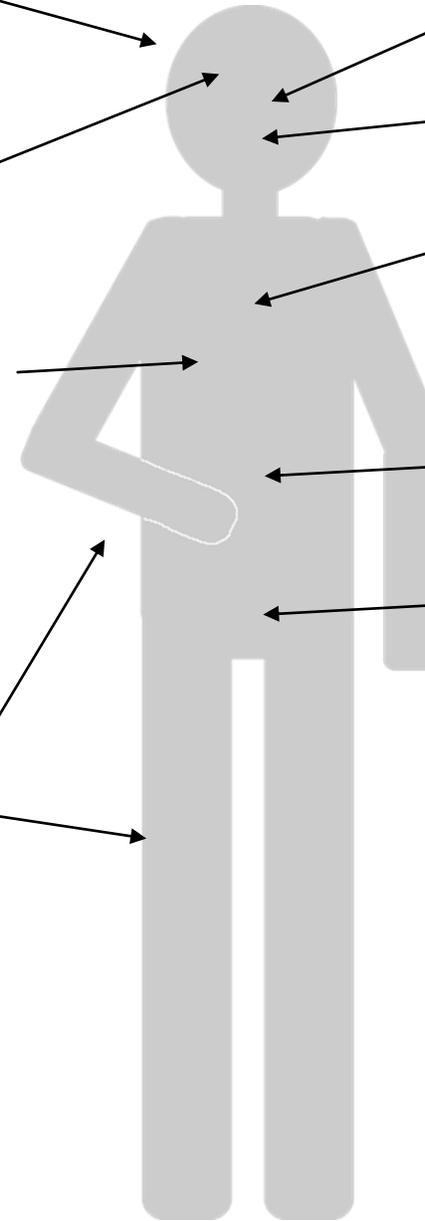
Dilated pupils

### Lungs

Breathing problems  
Stop breathing  
Asthma  
Chest pains

### Muscles

Tremors  
Twitches



### Having trouble sleeping?

Cocaine can cause insomnia.

Without nightly rest, a person is more likely to:

- Have mood swings
- Have trouble concentrating
- Drive dangerously
- Use again to feel "normal"

## Did you know?

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- Increases risk of overdose and death



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- [www.nida.nih.gov](http://www.nida.nih.gov)
- [www.justice.gov/dea](http://www.justice.gov/dea)

### Something to try:

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## Prescription Depressants

## Depressants

Prescription depressants are also called Benzodiazepines and Barbiturates. Depressants are medicines prescribed to help with:

- Sleep
- Anxiety
- Muscle spasms
- Seizures



### Common Benzodiazepines:

#### Common Benzodiazepines:

Valium® Xanax®, Halcion®, Ativan®, Klonopin®

#### Common Barbiturates:

Seconal®, Amytal®, Fiorina®, Nebutal®

### Important to know:

- It is easy to get dependent on these types of medicine.
- Stopping the use of many Benzodiazepines and Barbiturates can be dangerous! Talk to your doctor before changing your dose.

### Questions to Consider:

- Am I using my own medicine?
- Am I taking the medicine the way it was prescribed?
- Am I running out of pills before my prescription can be refilled?

## Effects of Prescription Depressants

### Head

Problems with vision  
Dizziness  
Slurred Speech  
Sleepiness  
Memory loss  
Poor concentration

### Lungs

Breathing problems

### Muscles

Less balance  
Problems walking  
Slower reflexes

### Feelings

Emotional  
Paranoia  
Impulsive  
Depression  
Aggression  
Restlessness

### Sex

Problems having sex

### Reproduction

Menstrual issues

### Depressant Overdose Effects Are:

- Shallow breathing
- Clammy skin
- Dilated pupils
- Weak and rapid pulse
- Coma
- Death

### Did you know?

#### Heroin withdrawal symptoms vary in each person.

Many people feel symptoms that are similar to the flu, while others may have more extreme withdrawal symptoms.

Symptoms can start as early as 6-12 hours from the last time of use.

#### Overdose symptoms to watch for include:

- Slow and shallow breathing
- Clammy skin
- Blue lips or blue fingernails
- Convulsions or seizures
- Coma

#### Thinking about change?

Talk with your doctor about treatment options. Together you will set up a plan for a safe way to make a change.

#### Where can I learn more?

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[www.nida.nih.gov](http://www.nida.nih.gov)

#### Something to try:

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## Heroin



Indiana Prevention Resource Center

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# Heroin



Heroin is a highly addictive narcotic drug that often causes dependence.

Heroin is made from morphine, which is a very powerful painkiller. Heroin acts like a painkiller in the body too, but over time it breaks down the parts of the brain that make people feel pleasure.

Heroin sold on the street is rarely pure. Instead, it is “cut” with other drugs or substances. It is difficult to know the strength of each dose, so users are at a high risk of overdose or death.

## Needles and Heroin:

Sharing needles to inject heroin is very risky. When people share needles, they are at risk for getting:

- HIV
- Hepatitis B
- Hepatitis C

Needle use can also cause complications such as an air bubble in the blood, which can cause a stroke.

# Effects of Heroin

## Head

Alternate between alert and drowsy (nodding off)  
Dizziness  
Drowsiness

## Mouth

Dryness

## Muscles

Weak

## Skin

Warm  
Flushed (red)  
Abscesses  
Dry  
Collapsed veins

## Stomach

Constipation  
Weight loss, poor nutrition

## For pregnant women

Miscarriage  
Premature delivery  
Low birth weight  
Physical dependence in the baby: crying, tight muscles, vomiting, seizures

## Other Feelings/Problems

Numbness in body  
Heaviness in body  
Fatigue

## Heart

Infection

## Lungs

Slower breathing  
Risk of pneumonia  
Chance of tuberculosis

Heroin use can effect your every day life.

You may notice :

- Feeling desperate
- A change in your personality that makes you feel depressed or irritated
- Isolation from friends or family members
- Not wanting to spend time doing what you enjoy doing (time with friends or family or hobbies)

## Did you know?

Marijuana can impair driving!

Driving while under the influence of marijuana is just as dangerous as driving after drinking alcohol.



## What to expect when cutting back or quitting:

- Your doctor or Behavioral Health Specialist can help you set up a plan.
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## Where can I go to learn more?

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# Marijuana

# Marijuana



The active ingredient in marijuana is delta-9-tetra-hydrocannabinol also known as **THC**.

THC changes the way your brain works. You may not notice the changes, but marijuana may be affecting everyday things.

## Marijuana can:

- Change how we experience events
- Slow reactions or lower coordination
- Make problem solving and concentration difficult
- Cause problems with learning and memory

## Does my marijuana use lead to:

- Missing work or being late to work
- Problems at work (accidents or fights)
- Fights or arguments with family or friends
- Money issues or financial concerns
- Arrests or legal problems
- Using before important events
- Needing more to feel high

# Effects of Marijuana

## Brain (during use)

Short-term memory problems  
 Lowers judgment and processing skills  
 Learning skills impaired

## Lungs

(Heavy smoking)  
 Increased risk for several breathing problems

## Feelings

More anxiety/panic  
 Worsen depression  
 Lower pleasure

## Immune system

Worsen allergy symptoms (breathing related) due to smoking

## Alertness

Excessive drowsiness  
 Less coordination  
 Slower reaction time

## Heart

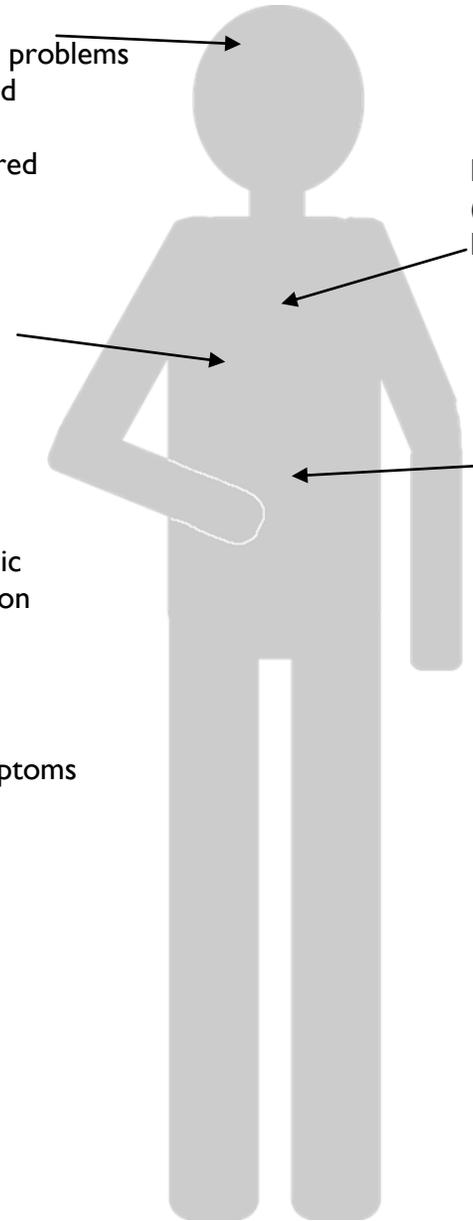
(During use)  
 Higher heart rate

## Stomach

Possible weight gain due to increased appetite or "munchies"

## Diabetic concern

If binge eating after use, blood sugar can be affected



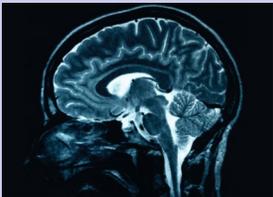
Symptoms you may have because of marijuana smoking:

- Coughing
- Extra phlegm
- Getting colds or Bronchitis
- Trouble with blood sugar (after binge eating which often follows marijuana use)

## Did you know?

### Meth changes the way the brain works.

- Meth actually damages the part of the brain that helps us feel pleasure.
- When used in high doses or over a long period of time, the brain may not be able to recover.



### What to Expect when cutting back or quitting:

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- Change takes time.
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- Contact your doctor if you are having any medical concerns.

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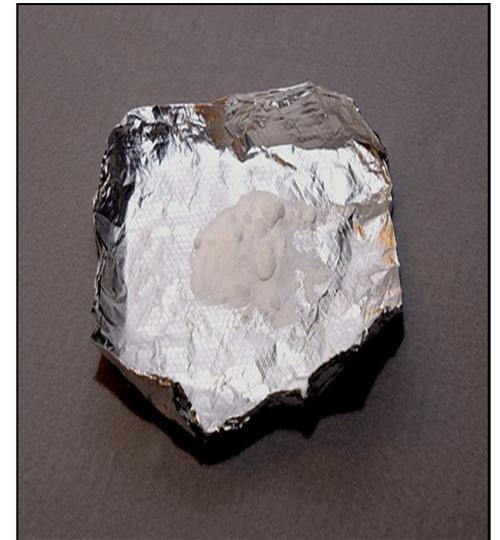
### Behavioral Health Specialist:

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## Methamphetamine

# Methamphetamine

“Meth” is a powerful stimulant that affects every part of the body.



At first, a person using meth may feel extra energy. The energy-filled high can stop a person from sleeping for several days.

Lack of sleep can cause:

- Paranoia
- Hallucinations
- Irritability
- Anxiety

Meth causes the heart to race and the blood vessels to tighten.

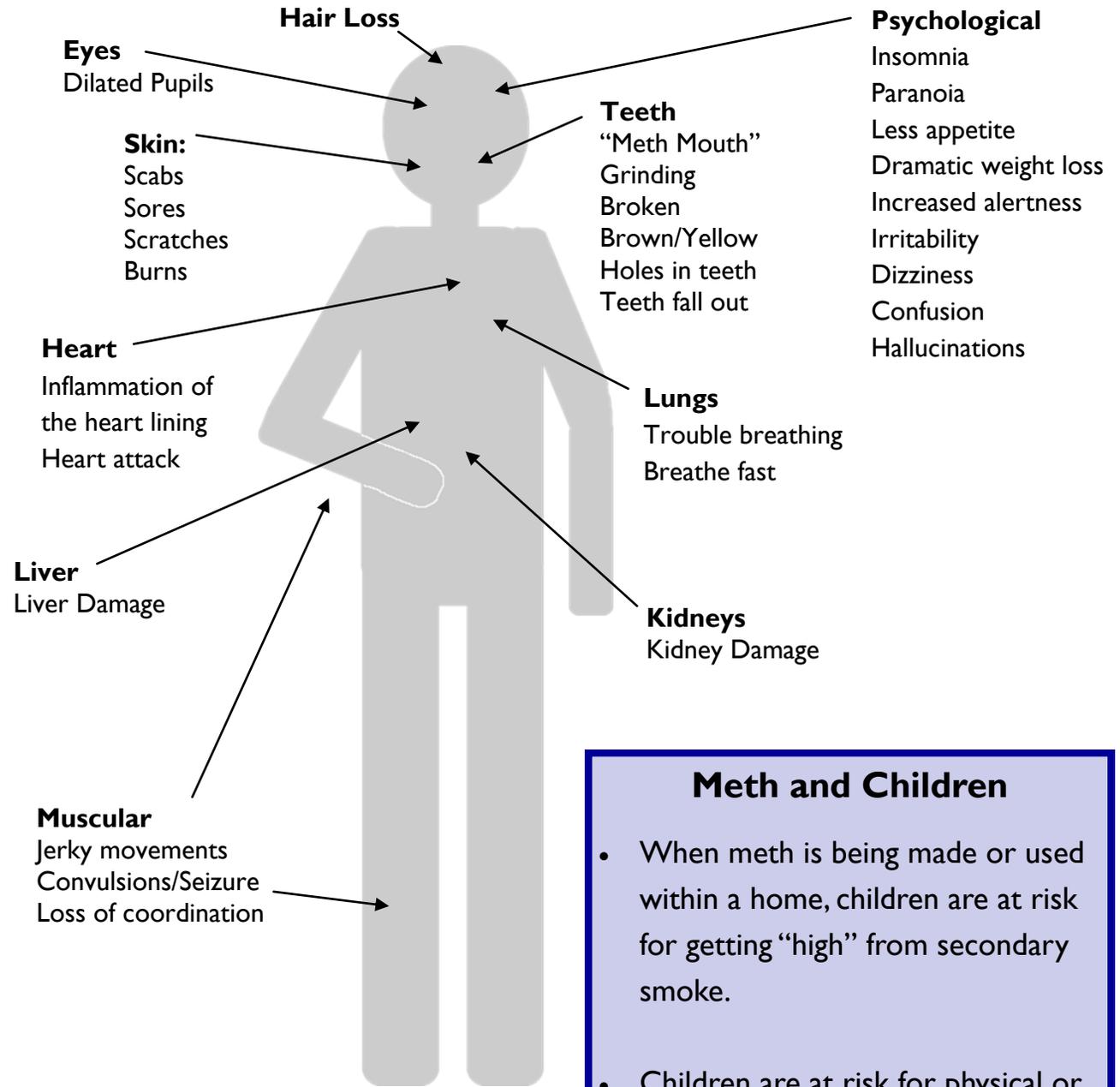
## Serious health risks are:

- Heart attack
- Stroke
- Overdose/Death

## Other Risks:

- **HIV and Hepatitis B and C:** Needle sharing is common and can spread these diseases.
- **Sexual Assault:** Adults and children are both at risk when around people using meth.
- **Skin Burns:** Getting a burn is common when around meth “cooking.” Anyone in the location or near by is at risk for a chemical explosion.

# Effects of Methamphetamine



## Meth and Children

- When meth is being made or used within a home, children are at risk for getting “high” from secondary smoke.
- Children are at risk for physical or sexual abuse or neglect when around known meth users.

## Did you know?

**Mixing prescriptions with alcohol or over-the-counter drugs can be dangerous!**

- It can cause a drop in heart rate and breathing.
- Risk of overdose and death increases!



## What to expect when cutting back or quitting:

- Your doctor or Behavioral Health Specialist can help you set up a plan.
- Change takes time.
- You will need support.
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## Something to try:

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# WE ASK EVERYONE.



# Opioid Prescriptions

## Opioids



Opioids are a narcotic drug.  
These medications relieve:

- Pain
- Cough
- Insomnia

Opioid overdose can be fatal!

### Common Opioid Prescriptions:

OxyContin®, Vicodin®, Opana®, Lomotil®  
Morphine, Methadone and Fentanyl

### Common Over-The-Counter Opioid Medicines:

Robitussin AC®, Robitussin DAC®,  
Triaminic Expectorant with Codeine®

### Don't borrow or share! Be aware:

- Not all pain killers have the same amount of medicine in each pill.
- Pills may look the same but could be different medicines.
- Using a medicine that is not yours could cause health problems.

### Questions to Consider:

- Am I using my own medicine?
- Am I taking the medicine the way it was prescribed?
- Am I running out of pills before my prescription can be refilled?

## Effects of Opioid Prescriptions

### Head

Mental confusion  
Inability to concentrate  
Alters perception of pain  
Loss of consciousness

### Eyes

Swelling  
Redness

### Lungs

Difficulty breathing

### Intestinal

Constipation

### Muscles

Weakness

### Kidney and Bladder

Trouble with urination

### Stomach

Nausea  
Vomiting  
Cramps  
Bloating

### Symptoms you may have because of an opioid overdose:

- Mental Confusion
- Extreme Drowsiness
- Nausea
- Slowed Breathing
- Cold Clammy Skin
- Convulsions or Seizures

## Did you know?

When taking a Stimulant RX:



Too much caffeine can be harmful!  
**Limit use.**

Alcohol should be avoided !



## What to expect when cutting back or quitting:

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# WE ASK EVERYONE.



# Stimulant Prescriptions

## Stimulant Prescriptions



Stimulant medications are prescribed to help with:

- ADHD
- Trouble Sleeping
- Weight Problems

### Common Stimulant RX:

Dexedrine®, Adderall®, Concerta®, Ritalin®

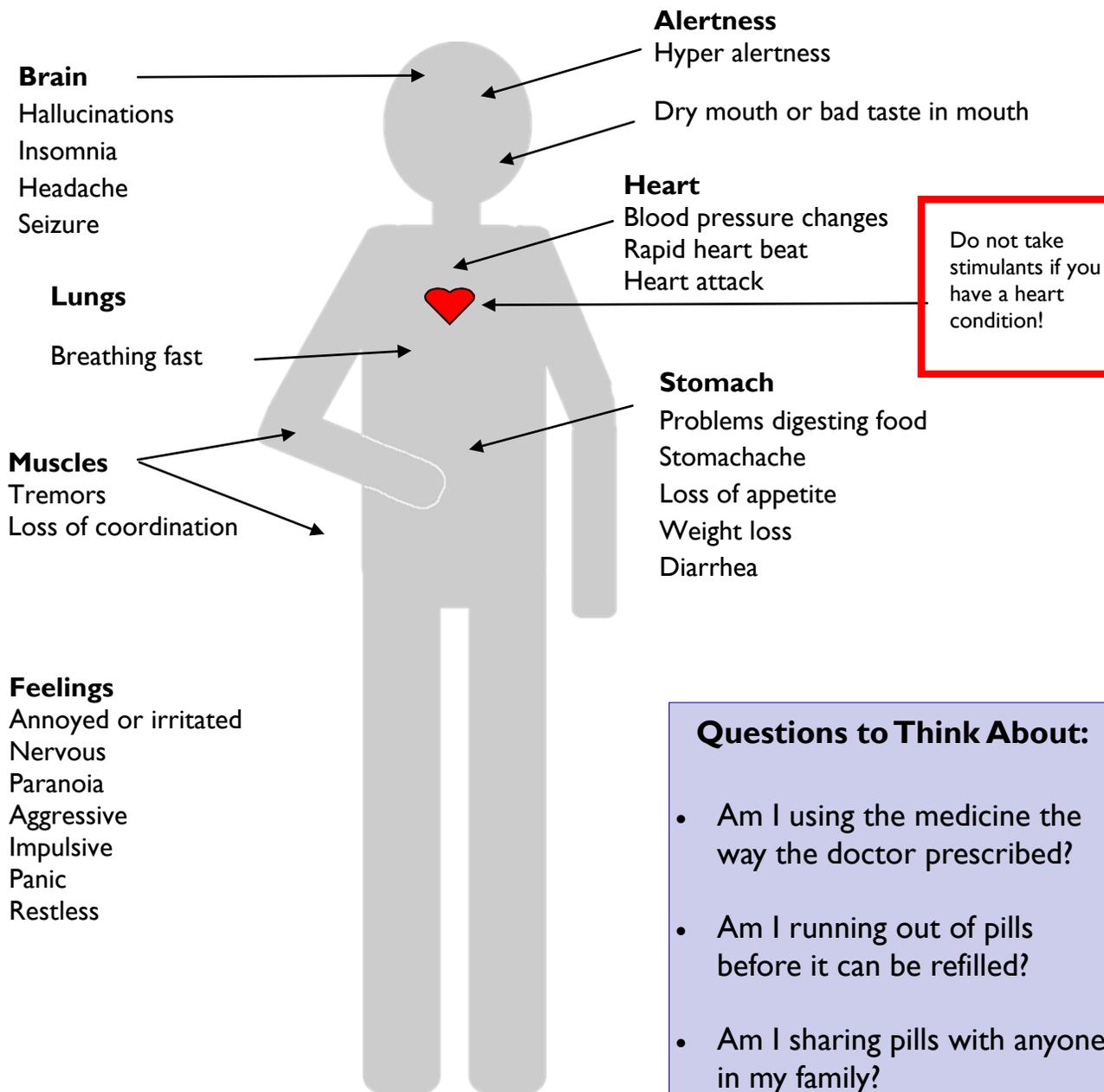
### Will these pills help me focus?

- For people with ADHD, stimulants may calm people or help them focus.
- Stimulant pills can lead to more hyper or aggressive behavior for people that don't have ADHD.

### Don't borrow or share! Be aware:

- Using a medicine that is not yours could cause health problems.
- ADHD Pills that are bought on the street may not be the real medicine.
- A lot of pills look the same but are many different types medicines.
- Not all stimulant medications have the same amount of medicine in each pill.
- Adult doses and children doses are not equal and can be dangerous to share!

## Effects of Stimulant Prescriptions



### Questions to Think About:

- Am I using the medicine the way the doctor prescribed?
- Am I running out of pills before it can be refilled?
- Am I sharing pills with anyone in my family?

### If it's illegal, why is it still sold in stores?

15 of the most common chemicals in K2/Spice are banned by the Food and Drug Administration (FDA).

However, makers of K2/Spice have created new formulas that are still technically legal, as long as they are labeled as *"not for human consumption."*

Even though the makers of K2/Spice intend for users to consume it, the labels help them get around the law.

### What to expect when cutting back or quitting:

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# WE ASK EVERYONE.



## Synthetic Marijuana (K2/Spice)

# Synthetic Marijuana



- Synthetic marijuana, also called **K2** or **Spice**, is made using chemicals created in a lab.
- The chemical is sprayed onto dried plants or herbs to make it look like marijuana. It is often artificially colored and flavored. It is also sold in a liquid form.
- K2/Spice is sold illegally in gas stations, tobacco shops or online as a potpourri or incense, with names like *Blaze* or *Mad Hatter*. It is labeled as “not for human consumption”.

## Labels can lie.

- Those who make and sell K2/Spice intend for users to smoke it.
- There is no “safe” dose or brand of K2/Spice. Don’t be fooled by words like “natural” or “clean”. No-one is regulating what is actually in a K2/Spice packet.
- Synthetic marijuana is illegal, even if the packet has a label that says the product is legal.

# Effects of Synthetic Marijuana

## Brain

- Relaxation
- Altered perception
- Mood changes
- Seizures
- Memory loss
- Confusion
- Suicidal thoughts/attempts
- Psychotic effects: extreme anxiety, paranoia, panic attacks, hallucinations

## Stomach

- Nausea
- Pain
- Vomiting

## Other Effects

- Kidney failure
- Unable to move arms and legs
- Muscle cramping
- Body temperature changes

## Mouth

- Inability to speak
- Dry

## Heart

- Racing heartbeat
- Very high blood pressure
- Heart attack

## Skin

- Pale appearance

## CAUTION

The effects of K2/Spice are different from person to person - you can never know what symptoms you will have.

**Makers of K2/Spice may be adding toxic chemicals to packets which can cause serious or deadly side effects.**

Each packet of K2/Spice can have different amounts or types of chemicals, even within the same brand.