Chapter 32

Drugs of abuse
Drug abuse

• Abused substances are drugs or other materials that are administered repeatedly in a pattern and amount that interferes with the health or normal social and occupational functioning of the individual.
Principle

- Abuse of legal drugs is more prevalent and more costly to society than is the abuse of illegal drugs.
Drug dependence and addiction

• WHO defined:
• Drug dependence is “a behavior pattern in which the use of a psychoactive drug is given sharply higher priority over other behaviors which once had significantly higher value”
Clarification of terms

- Physical dependence is now denoted dependence.
- Psychological dependence is more simply called addiction.
CNS DEPRESSANTS – Drugs that depress the overall functioning of the Central Nervous System (CNS) to induce sedation, muscle relaxation, and drowsiness*.

* “Uppers, Downers, All Arounders, 3rd Edition”, CNS Productions
**ALCOHOL**

- Alcohol is the MOST ABUSED drug by Soldiers.
- Alcohol is a Central Nervous System (CNS) depressant.
- Alcohol is considered to be a gateway drug to other drug use.
- A standard alcohol drink is considered to be:
  - One 12-ounce bottle of beer/wine cooler
  - One 5-ounce glass of wine
  - 1.5 ounces of 80-proof distilled spirits.
**Alcohol is also known as:**

- Juice
- Sauce
- Piss
- Booze
- Grog

**Some effects of alcohol are:**

- Slurred Speech
- Blurred Vision
- Loss of Inhibitions
- Impaired Motor Skills
- Nausea/Vomiting
- Unconsciousness
Barbiturates are prescription sedatives or tranquilizers.

Barbiturates are multi-colored pills and tablets and are Central Nervous System (CNS) depressants that cause drowsiness.

Barbiturates are also known as:

‑ Downers
‑ Sleepers
‑ Stumblers
‑ Barbs
‑ Red Devils
‑ Rainbows
Barbiturates are most often consumed to get “high”.

Barbiturates can cause:
- Sleepiness
- Nausea/Dizziness
- Impaired Senses
- Lack of Motivation
- Loss of Sexual Drive
- Irregular Menstruation
- Vertigo
- Coma
- Death

Barbiturates are prescribed to treat:
- Anxiety
- Depression
- Epilepsy
- Insomnia
- Alcohol and Other Drug (AOD) Withdrawal
Ketamine, or ketamine hydrochloride, is a Central Nervous System (CNS) Depressant and a dissociative anesthetic, or a drug that separates perception from sensation.

- Ketamine is used primarily as an anesthetic in veterinary medicine, but is also sometimes used with small children and the elderly.
- Ketamine can be found as a clear white liquid or as a white powder.
Ketamine can be ingested several different ways:

- Injected
- Snorted
- Smoked
- Orally – In a pill or liquid form

Ketamine is also called:

- K
- Kit Kat
- Special K
- Super Acid
KETAMINE SIDE EFFECTS

- Chronic Depression
- High Blood Pressure
- Muscle Rigidity
- Respiratory Distress
- Paralysis
- Stroke
- Heart Attack
- Death
- “K-Hole” – Slang for the near-death or out-of-body experience that Ketamine causes.
Opiates are drugs that are derived from the Poppy Plant and are Central Nervous System (CNS) depressants.

The most common opiates are:
- Opium
- Heroin
- Morphine
- Codeine

Opiates are known by several different names:
- Smack
- Soapium
- Chiva
- Poppy
- Flower
- Hazel
- Morf
- H
**HOW ARE OPIATES CONSUMED?**

**Snorted** – Because of the high potency of heroin today, more and more users are snorting the drug.

**Injected** – Injecting opiates, specifically heroin, is still the choice ingestion method. Many addicts choose to inject the drug because of the quick and powerful onset of the effects. Users can inject the drug directly into the bloodstream or the muscle tissue.

**Smoked** – The method of choice for opium is smoking the tar-like substance. Other opiates are often smoked on top of marijuana. This is known as “snow capping”.

**Eaten** – All opiates can be consumed orally. Many prescription painkillers on the market today are opiates.
## Opiates Side Effects

- Absence of Stress
- Nausea/Vomiting
- Sleepiness
- Constipation
- Itchy Skin
- Impaired Vision

- Altered Mental Process
- Collapsed Veins
- Menstrual Irregularities
- Loss of Sex Drive

- Liver Damage
- Kidney Damage
- Lung Damage
- Brain Damage
- Immune System Damage
- Overdose/Death
Oxycontin is a synthetic opium derivative that is available by prescription.

Oxycontin is an extremely potent pain killer that comes in time release tablets that last for up to twelve hours.

Oxycontin is prescribed to cancer patients and chronic pain suffers to help in managing pain.
Oxycontin has been linked to over 120 overdose deaths in USA. In addition to overdose, some serious side effects are:

- Chestpains
- Muscle Weakness/Aches
- Fever
- Nausea/Vomiting
- Breathing Difficulties
- Seizures

Oxycontin is also called:

- OCs
- Oxycoffins
- XYs
- Oxycotton
GHB

- **GHB, or Gamma Hydroxylbuteric acid, is a central nervous system (CNS) depressant that sometimes causes hallucinations.**

- **GHB is usually found as a clear liquid with a slightly salty taste, but can also be found as a small tablet or capsule, all of which dissolve quickly in liquid.**

- **GHB usually is sold by capful or teaspoon, also known as a “dose.”**
GHB

GHB is also known as:

- Georgia Home Boy
- Liquid X
- Gamma X
- Gook
- Fantasy
- Grievous Bodily Harm

The side effects of GHB depend on the amount consumed and can be felt within one hour of ingestion:

- Dizziness/Nausea
- Slurred Speech
- Vertigo/Sight Problems
- Reduced Inhibitions
- Grogginess
- Coma/Death
Rohypnol (chemical name – fluritzrazepam) is a CNS Depressant that is more than ten times as strong as Valium.

Rohypnol belongs to the benzodiazepines family, which also includes drugs such as Valium, Librium, and Xanax.

Rohypnol is known as a “Date Rape Drug” due to its association with sexual assaults.

Rohypnol is almost always ingested orally in either the pill form or dissolved in a beverage, but is sometimes ground up and snorted.
ROHYPNOL

- Rohypnol is sometimes also called:
  - Roophies
  - Forget Me Drug
  - Roach
  - Rope
  - Circles
  - Rib

- There are several side effects associated with Rohypnol use:
  - Disinhibition
  - Slurred Speech
  - Aggressive Behavior
  - Amnesia
  - Respiratory Distress
  - Blackouts (can last 8-24 hours)
  - Dizziness/Nausea
  - Overdose
  - Death
  - Respiratory Distress
  - Death

Though typically white in color, flunitrazepam pills recently seized in Egypt were of a brownish-pink tint, indicating a counterfeit product.
CNS STIMULANTS – Drugs that increase the chemical and electrical activity of the Central Nervous System (CNS) and make the user more alert, active, anxious, restless and, in general, more stimulated than normal.*

*“Uppers, Downers, All Arounders, 3rd Edition”, CNS Productions
Amphetamines are generally a white or off-white powder that can be ingested orally, snorted, or injected.

The side effects of amphetamine abuse can include:

- Dizziness/Nausea
- Decreased Appetite
- Body Tremors
- Irregular Heartbeat
- Loss of Coordination
- Chronic Psychosis
- Chronic Anxiety
- Brain Damage
- Coma/Death
Amphetamines are powerful stimulants that increase activity in the Central Nervous System (CNS), or speed up the way the human body works.

Amphetamines are drugs that induce false feelings of power, strength, self-assertion and enhanced motivation.

Amphetamines are also known as:

- Speed
- Jollies
- Black Beauties
- Wake Ups
- Bennies
- Crystal
Methamphetamine is a powerful, synthetic Central Nervous System (CNS) Stimulant.

Methamphetamine is generally a white or off-white powder that can be ingested several different ways:

- Orally – In a pill form
- Snorted – This can cause severe damage to the interior and exterior of the nose.
- Intravenously - The methamphetamine can be injected into either the blood stream or the muscle tissue
- Smoked – Methamphetamine is sometimes smoked by itself or on top of marijuana.
METHAMPHETAMINE

Methamphetamine is also known as:
- Ice
- Meth
- Crystal
- Crystal Meth

The side effects of methamphetamine are so serious that they can effect the abuser for the rest of their life:
- Anxiety/Panic Attacks
- Chronic Depression
- Kidney Disorders
- Lung Disorders
- Immune System Damage
- Birth Defects
- Severe Psychological Problems
- Stroke
- Death
Cocaine is a bitter, white, odorless, crystalline drug.

Cocaine is a Schedule II drug and is classified as a CNS stimulant.

Cocaine is extracted and refined from the Coca Plant, which is grown primarily in the Andean region of South America.

Cocaine is also known as:

- Dust
- Snow
- Blow
- Crack
- Candy
- Coke
The side effects of cocaine use can be extremely dangerous:

- Dilated Pupils
- Increased Heart Rate
- Nausea/Vomiting
- Psychosis
- Fear/Paranoia
- Kidney Failure
- Seizures
- Strokes
- Overdose/Death

The level and length of the effects depend on how the drug was induced.

- Snorted: 1 minute, 20-40 Minutes
- Injected: 1-5 Seconds, 15-20 Minutes
- Smoked: Immediate, 5-15 Minutes
HALLUCINOGENS – Drugs that cause intensified sensations, mixed-up sensations (visual input becomes sound), illusions, delusions, hallucinations, stimulation, and impaired judgment and reasoning*.  

*“Uppers, Downers, All Arounders, 3rd Edition”, CNS Productions
LSD

- LSD is hallucinogenic chemical that is derived from a parasitic fungus that grows on rye.
- LSD is produced as a crystal, then dissolved in alcohol prior to sale and consumption.
- LSD users describe their experience with the drug as a “trip”.
- LSD has become known as:
  - Acid
  - Trips
  - Hits
  - Blotter
LSD is generally taken orally, either as a pill, a piece of blotter paper (as seen on right), or via liquid dripped onto a sugar cube. LSD can also be absorbed through the users skin.
LSD SIDE EFFECTS

Physical side effects of LSD include:

- Dilated Pupils
- Body Tremors
- Extreme Sweating
- Nausea
- Loss of Appetite
- Seizures

Most psychological side effects are due to severe changes to the users perception, thought, and mood:

- Vivid Hallucinations
- Loss of Depth Perception
- Feelings of fear and anxiety – “BAD TRIPS”
- Fusion of Senses (i.e. Seeing Music and Hearing Colors)
- Distorted Perception of Time
- True Hallucinations
Mushrooms that contain PSilocybin are known as ‘magic mushrooms’ as they contain hallucinogenic properties.

Magic mushrooms have been used by several cultures to induce altered states of consciousness during their religious rituals.

Mushrooms can be consumed in a variety of manners:

- **Eaten** – Either raw or cooked, much like non-hallucinogenic mushrooms.
- **Drank** – Heated with water to make a tea or soup.
- **Smoked** – The mushroom is ground into a fine powder and often smoked on top of marijuana.
The side effects of Mushrooms vary greatly depending upon the strength and purity of the fungus:

- Stomach Pains
- Increased Heart Rate
- Nausea/Vomiting
- Diarrhea

- Mental Disorders
- Anxiety/Panic Attacks
- Flashbacks
- Impaired Judgement
PCP

- PCP is classified as a hallucinogen and a dissociative anesthetic, or drug that separates perception from sensation.
- PCP comes in several forms:
  - Crystalline Powder
  - Colored Powder
  - Diluted in Water
  - Pills
  - Capsules
- PCP is also known as:
  - Angel Dust
  - Sherm
  - Boat
  - Dust
PCP can be ingested several ways:
- Orally – In liquid or pill form.
- Smoked
- Snorted
- Injected

PCP has been known to be used in combination with other substances:
- LSD – “Super Tripping”
- Marijuana – “Killer Weed” or “Boat”
- Tobacco – “Sherms”, usually with menthol cigarettes to soothe the burning of the hot PCP smoke.
- Mint/Parsley – “Green”
The side effects of PCP use can cause serious long term damage to the human body:

- Irregular Heart Rate
- Nausea/Vomiting
- Loss of Reflexes
- Chronic Psychosis
- Death
- Kidney Failure
- Brain Hemorrhaging
- Schizophrenia
- Coma
MIND ALTERING DRUGS – Drugs that cannot be classified into any single category. Mind altering drugs can contain CNS depressant, CNS stimulant, and/or hallucinogenic properties.

* “Uppers, Downers, All Arounders, 3rd Edition”, CNS Productions
THC

- THC (Marijuana) is the MOST ABUSED illicit drug in the United States, India and China and is considered to be a “Gateway Drug”.
- Delta 9 - Tetrahydrocannabinol (THC) is the active ingredient that causes the “high”.
- THC is psychologically addictive - abuse and addiction is frequently denied.
- Marijuana is a psychoactive or mind altering drug.
  - Psychoactive drugs can produce a mind state similar to psychosis.
  - Psychosis - A major mental disorder in which the personality is very seriously disorganized.
Marijuana - Made from the leaves, flowers or stems of the hemp plant.

Hash/Hashish - Concentrated form of marijuana by compressing marijuana resins into small blocks.

Hash Oil - Made by soaking marijuana in a chemical solvent (such as rubbing alcohol) and then evaporating the solvent to obtain an oil concentrate.
THC

- **THC is also called:**
  - Weed
  - Grass
  - Dope
  - Green
  - Blunts
  - Joints
  - Tar
  - Bud

- **THC is associated with many side effects:**
  - Short Term Memory Loss
  - Dry Mouth/Throat
  - Sleepiness
  - Increased Heart Rate
  - Paranoia
  - Hallucinations
  - Panic Attacks
  - Psychosis
  - Loss of Sexual Drive
  - Bronchitis
  - Lung Cancer
  - Brain Damage
Inhalants are breathable chemical vapors that produce mind altering effects.

Inhalants are often abused because they are readily available, inexpensive, and can be found almost anywhere.

There are three different types of inhalants:

- **Solvents**
- **Gases**
- **Nitrites**
Inhalants are ingested into the body by breathing in the vapors of the product. Several methods of inhalation are used by abusers:

- **Use of a Bag** – The bag is filled with the fumes and the user breathes air from the bag. Sometimes users will put their entire head into the bag.

- **Use of a Rag** – The rag is soaked in the product and the user presses the rag over his/her mouth and nose.

- **Pressurized Containers** – Some abusers will inhale the product directly from the container.
INHALANTS

Many of the products that are abused are everyday household items:

- Glue/Rubber Cement
- White-out
- Aerosols/Hair Spray
- Toxic Markers
- Gasoline/Propane
- Room Odorizers

Use of inhalants can cause serious long term damage to the human body:

- Sight/Vision Disorders
- Liver Damage
- Kidney Damage
- Bone Marrow Damage
- Brain Damage
- Paralysis/Death
PERFORMANCE ENHANCING DRUGS – Energy producing drugs that are thought to possess various capabilities to boost an athlete’s performance by giving them a competitive edge*.

* “Uppers, Downers, All Arounders, 3rd Edition”, CNS Productions
Anabolic Steroids are synthetic drugs that relate to the male sex hormones, or androgens.

Anabolic-androgenic Steroids are more commonly known as “Anabolic Steroids”.
Anabolic Steroids Effect the Human Body in Two Major Areas:

1) The anabolic effects of the drugs promote the growth of skeletal muscle.

2) The androgenic effects of the drugs promote the development of male sexual characteristics.
Anabolic Steroids can be ingested in a variety of ways:

1) Orally – In a pill or liquid form.
2) Intravenously – Injected with the use of a hypodermic needle.
3) Rubbed onto the skin with the steroid in a gel or cream form.

***Some steroid users mix different types and amounts of these drugs to increase the effects. This is call “Stacking”***.
Steroids Side Effects

- Baldness
- Sterility
- Brain Damage
- Blood Clotting
- High Blood Pressure
- Liver Cancer
- Hepatitis
- Eye Infections
- Kidney Disease
- Chronic Depression
- Loss of Memory
- Loss of Interest
- “Roid Rage” – An over aggressive, and sometimes homicidal, attitude associated with steroid use.
To Review...

Addiction is:

• a chronic brain disease
• expressed as compulsive behavior
• expressed within a social context
• prone to relapse
• treatable
Overview

• Defining “effective treatment”
• 13 principles of effective drug treatment
• Strategies to maximize impact
Goals of Drug Treatment: Keeping an Eye on the Target

Abstinence

Functionality in Family, Work, and Community

Reduced Criminal Behavior

Clinical pharmacology
Effectiveness of Treatment

Drug Use: 40-60%
Crime: 40-60%
Employment: 40%
Cost-Effectiveness of Drug Treatment

- Cost to society of drug abuse = $180 billion/year.
- Treatment is less expensive than incarceration:
  - Methadone maintenance = $4,700/yr
  - Imprisonment = $18,400/yr
- Other studies indicate that every $1 invested in treatment can yield up to $7 in savings.
Principles of Effective Treatment
One of NIDA’s latest publications focuses on treatment for those in the criminal justice system.

The following principles are discussed in detail in this publication...
1. Drug addiction is a brain disease that affects behavior.

Brain changes in addiction help explain continued drug abuse and relapse.
Relapse Rates for Drug Addiction are Similar to Other Chronic Medical Conditions

2. Recovery from drug addiction requires effective treatment followed by management of the disorder over time.
Drug Abuse Treatment Can Work

- No single treatment is appropriate for all individuals.
- Treatment needs to be readily available.
- Treatment must attend to multiple needs of the individual, not just drug use.
- Multiple courses of treatment may be required for success.
- Remaining in treatment for an adequate period of time is critical for treatment effectiveness.
Outcome In Diabetes

Conclusion: Treatment Successful!
(Incorrect) conclusion: Treatment NOT successful!
3. Treatment must last long enough to produce stable behavioral changes.
4. Assessment is the first step in treatment.

- Nature/extent of drug problem
- Strengths:
  - Family support
  - Employment history
  - Motivation
- Threats to recovery:
  - Criminal behavior
  - Mental health
  - Physical health
  - Family Influences
  - Employment
  - Homelessness
  - HIV/AIDS
5. Matching services to needs is critical for treatment to be successful.
6. Drug use during treatment should be carefully monitored.

- Know that lapses can occur
- Conduct urinalysis
- Provide immediate feedback
- Intensify treatment as needed
7. Treatment should target factors associated with criminal behavior.

- Criminal thinking
- Antisocial values
- Anger/hostility
- Problem solving
- Conflict resolution skills
- Attitudes toward school/work
- Mental health problems
- Family functioning
- Barriers to care
- Alcohol/drug problems
# Interventions for Drug Abusing Offenders

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Interventions for Drug Abusing Offenders include a variety of approaches, ranging from those with established effectiveness to those with promising potential and those that require further research. These interventions are designed to address the underlying issues contributing to drug abuse among offenders and to support them in their recovery journey. The chart highlights different strategies, from residential rehabilitation to motivational interviewing, reflecting a comprehensive approach to treatment and support.
8. Treatment planning should involve treatment and criminal justice personnel.
Blends functions of criminal justice and treatment systems to optimize outcomes

- Community-based treatment
- Close supervision
- Opportunity to avoid incarceration or criminal record
- Consequences for noncompliance are certain and immediate
9. Continuity of care is essential.
A balance of rewards and sanctions can encourage pro-social behavior and treatment progress.

**Rewards**
- Reinforce positive behavior
- Use awards (non-monetary) to recognize progress
- “Catch people doing things right”

**Sanctions**
- Graduated
- Consistent, prediction, fair
- Treatment not a sanction!

Most likely to have desired effect the closer they follow the targeted behavior.
11. Treat co-existing mental disorders in an integrated way.
12. Medications are an important element of treatment.

- Methadone
- Naltrexone
- Buprenorphine

- Prison-based AIDS cases are 5 times as high as in the general population.
- Disproportionate impact on the poor, substance abusers, and minorities.
What Can You Do?
Continue to Educate Yourself

LEARN ABOUT:

• New advances in behavioral treatments
• New advances in medications for treatment and
• How to build collaborative relationships between criminal justice and treatment systems
Learn More About Risk and Needs Assessment Used in Your Setting

ASK

• Is it being done?
• What is being used?
• Does it measure substance abuse and other criminal risks?
Learn About What’s Available in Your Treatment Service System

ASK

- What’s available in the system?
- Does it use research-based interventions?
- Does it target multiple problem areas?
Learn About Sanctions and Rewards

**ASK**

- What are the policies towards sanctions/ rewards?
- How are they issued?
- How are they monitored?
Learn More About Your Role in the Process

ASK

• How do you develop rapport?
• How do you create an environment of fairness?
• In what ways do you emphasize treatment importance?
FOR ADDITIONAL INFORMATION:

Please consult the resources section of the “Principles for Drug Abuse Treatment for Criminal Justice Populations” publication.