

# COCAINE



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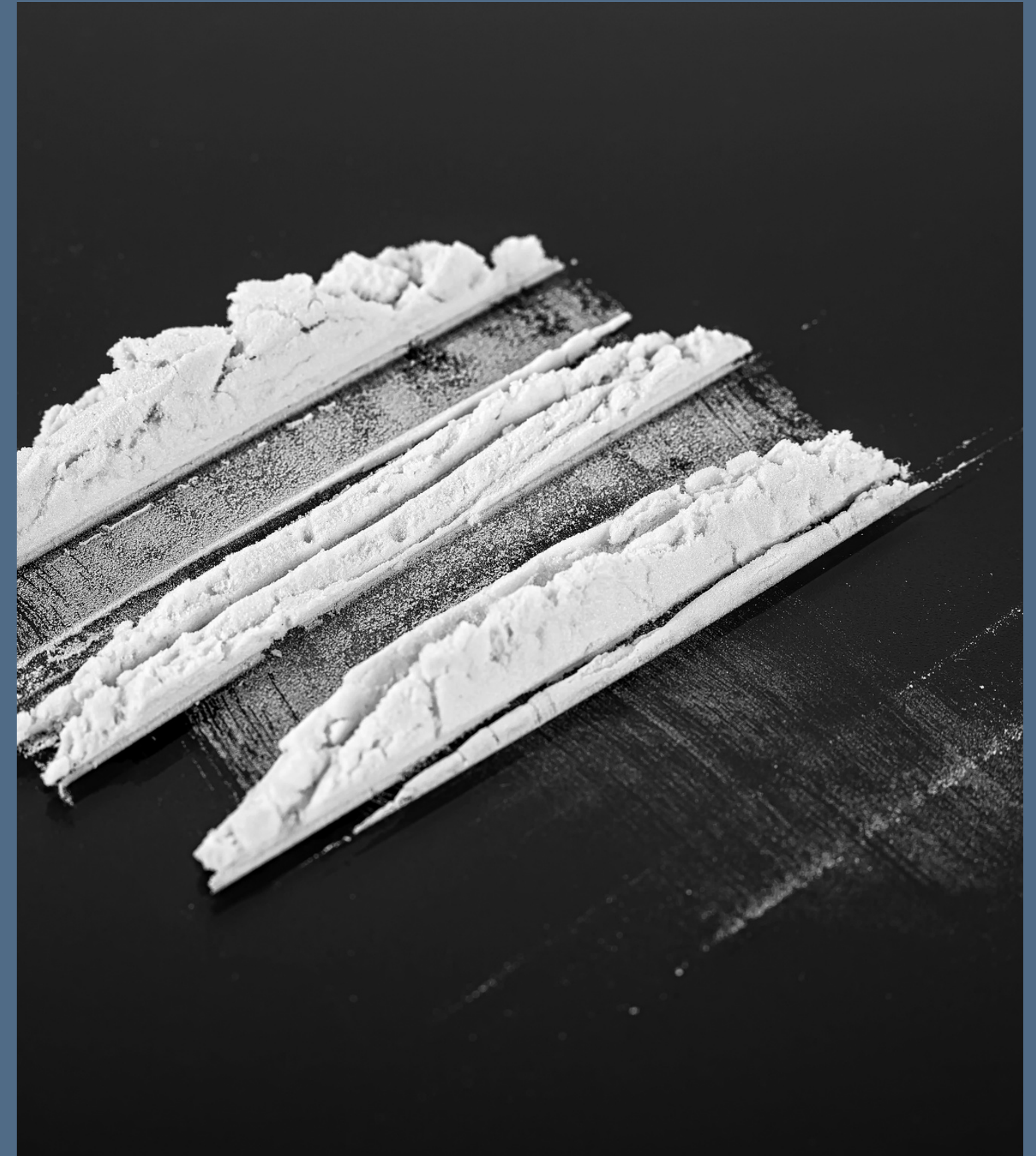
- Stimulant
  - increase activity of the central nervous system
- Effects appear almost immediately
- High from snorting: 15 to 30 minutes.
- High from smoking: 5 to 10 minutes.
- Very addictive
- Schedule 2 Drug: high potential for abuse
- Made from the leaves of the coca plant native to South America
- Looks like a fine, white, crystal powder
- Street dealers often mix it with things like cornstarch, flour, laxatives to increase profits
  - May also mix it with other drugs such as the stimulant amphetamine, or synthetic opioids, including fentanyl usually without buyers knowledge!
  - Cocaine laced with Fentanyl has increased! Currently there is a batch of cocaine laced with Fentanyl going around California!





# HOW DO PEOPLE USE COCAINE?

1. The most popular way to use cocaine is to snort it or rub it on gums
2. Dissolve the powder and inject it into the bloodstream
3. Another popular method of use is to smoke cocaine that has been processed to make a rock crystal called freebase cocaine or Crack.
  - Crack - Refers to the crackling sound of the rock as it's heated.
  - The crystal is heated to produce vapors that are inhaled into the lungs
  - Some people also smoke Crack by sprinkling it on marijuana or tobacco, and smoke it like a cigarette.



# SHORT-TERM & LONG-TERM EFFECTS OF COCAINE

## SHORT-TERM EFFECTS

- Constricted blood vessels
- Dilated pupils
- Nausea
- Raised body temperature & blood pressure
- Fast or irregular heartbeat
- Tremors & muscle twitches
- Restlessness
- Disturbed sleep patterns
- Extreme happiness & energy
- Mental alertness
- Hypersensitivity to sight, sound, & touch
- Irritability
- Hallucinations
- Bizarre, erratic, sometimes violent behavior
- Paranoia- extreme distrust of others
- Seizures

## LONG-TERM EFFECTS

- Snorting: loss of smell, nosebleeds, frequent runny nose, problems with swallowing
- Smoking: cough, asthma, respiratory distress, higher risk of infections like pneumonia
- Injection: higher risk for contracting HIV, hepatitis C, other bloodborne diseases, skin infections, scarring or collapsed veins
- Paranoia, Delirium, Psychosis
- Tooth Decay
- Sexual problems
- High blood pressure, leading to heart attacks, strokes, and death
- Sleep Deprivation
- Auditory Hallucinations
- Addiction, Overdose, death





**Prescription Drugs**

An illustration of a hand in an orange glove pouring capsules from a bottle. The capsules are blue and white, and orange and white. They are scattered around the hand.

# R<sub>x</sub> STIMULANTS

## Used to Treat ADHD Symptoms

**Attention Deficit Hyperactivity Disorder:** A medical disorder that causes differences in brain development & brain activity that affect attention, the ability to sit still, & self-control.

**Amphetamine**

**Adderall, Vyvanse**

**Methylphenidate**

**Concerta, Ritalin**

**Slang Terms**

**Addy, Bennies, Uppers**

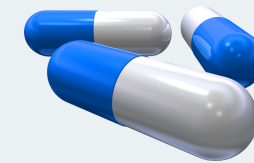


# R<sub>x</sub> STIMULANTS



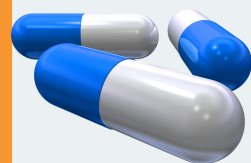
## Short-Term Effects

Increased alertness, attention, energy, blood pressure, heart rate & blood sugar, narrowed blood vessels.



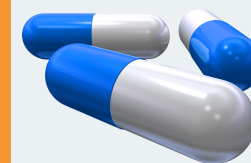
## Effects of High Doses

Dangerously high body temperature, irregular heartbeat, seizures.



## Long-Term Effects

Heart problems, psychosis, anger, paranoia.



## Drug Interactions

Masks the depressant action of alcohol, increasing risk of alcohol overdose; may increase blood pressure.

**Physical Signs: Dilated pupils, Hyperactivity, Loss of appetite, weight loss, Mood-swings, Anxiety or nervousness, rapid or rambling speech, fast breathing**



# R<sub>x</sub> DEPRESSANTS

## **Used to Treat Mental Illness Symptoms**

Slow down or "depress" the functions of the brain and the Central Nervous System

### **Benzodiazepines:**

Xanax, Valium, Ativan, Klonopin

### **Sleep Medications:**

Lunesta, Ambien

### **Slang Terms:**

Benzos, Downers, Bars, Yellow Jackets, Yellows, Tranks, Candy



# R<sub>x</sub> DEPRESSENTS

## Short-Term Effects



Drowsiness, slurred speech, poor concentration, confusion, dizziness, problems with movement & memory, lowered blood pressure, slowed breathing

## Effects of High Doses



Overdose from slowed or stopped breathing, decreasing oxygen to the brain causing short/long-term mental effects & effects on the nervous system, coma or permanent brain damage.

## Long-Term Effects



Increased risk of addiction, depression, chronic fatigue, breathing difficulties, sexual problems and sleep problems

## Drug Interactions



In combination with Alcohol: Further slows heart rate and breathing, which can lead to death.

**Physical Signs: slurred speech, poor concentration, dry mouth, problems with movement and memory, depression, dilated pupils**



Rx

# OPIOIDS

## Used to Treat Pain

Used to treat moderate to severe pain. Block pain signals to the brain.

**Hydrocodone:** (Vicodin, Norco),  
**Oxycodone:** (Oxycontin, Percocet), **Codine,**  
**Morphine, Methadone, Fentanyl**

**Slang Terms:** Percs, Vikes, Oxy,  
China girl, Jackpot, Friend, Killers,  
Cody



# R<sub>x</sub> OPIOIDS



## Short-Term Effects

Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, .



## Effects of High Doses

High Risk of overdose & death



## Long-Term Effects

High risk of addiction



## Drug Interactions

In combination with Alcohol: Dangerous slowing of heart rate and breathing leading to coma or death.

**Physical Signs: Nausea, weight loss, drowsiness, constipation, poor coordination, slowed reaction times, pinpoint pupils**

# Question!

Why is experimenting with  
Rx drugs riskier today?





**Why is  
experimenting  
with Rx drugs  
riskier today?**

Fake pills disguised as  
common prescription drugs  
laced with **Fentanyl** are  
causing large numbers of fatal  
overdoses!

# Fentanyl

- A powerful synthetic opioid that is prescribed for severe pain
  - Synthetic Drug: Created using man-made chemicals rather than natural ingredients (Ecstasy, LSD, K2/Spice)
- The most common drug involved in drug overdose deaths in the United States.
- 50 to 100x more potent than morphine
- Resembles cocaine and heroin
- Added by dealers to increase effect of drug (making it a cheaper option) usually without buyers knowledge
- Illegal fentanyl sold as a powder, dropped on blotter paper like small candies, in eye droppers or nasal sprays, or made into pills that look like real prescription drugs.

**Figure 76. Two Milligrams of Fentanyl - A Potential Lethal Dose**



**Source: Network Environmental Systems (NES)**





# Signs of Drug use



# *Behavioral Symptoms*

Drug abuse tends to significantly alter a person's behavior and habits. Some drugs can impair the brain's ability to focus and think clearly.

- Increased aggression or irritability
- Changes in attitude/personality
- Lethargy
- Depression
- Posting very different messages on social media
- Dramatic changes in habits and/or priorities
- Involvement in criminal activity



BLOODSHOT EYES

SMELL OF SMOKE  
ON BREATH,  
CLOTHES, HAIR

PINPOINT OR  
DILATED PUPILS

CHANGES IN WEIGHT

CHANGES IN APPETITE

IRREGULAR  
SLEEPING PATTERNS

FREQUENT RUNNY  
NOSE

DRUG  
PARAPHERNALIA

## PHYSICAL SIGNS OF DRUG USE

## Substance use disorder (SUD)

- Substance use disorder (SUD) occurs when a person's use of drugs or alcohol results in health issues or problems in their work, school, or home life.
- Education and awareness around the harm of using substances, along with the support of friends, parents, and caregivers, can help prevent SUD.

## Addiction is a treatable disease

- Addiction is a disease, not a character flaw. People suffering from substance use disorders have trouble controlling their drug use even though they know drugs are harmful.
- Overcoming a substance use disorder is not as simple as resisting the temptation to take drugs through willpower alone.
- Recovery may involve medication to help with cravings and withdrawal as well as different forms of therapy.
- It may even require checking into a rehabilitation facility. Recovery can be challenging, but it is possible.







# Recovery options

There are safe and effective ways to recover from substance use disorder (SUD). Finding the right treatment option can be the key to a successful recovery journey.

## Treatment Options

- **Twelve-step** facilitation therapy is an individual active engagement strategy designed to encourage people to accept drug addiction as a chronic, progressive disease and prepare them to begin a 12-step mutual support program.
- **Outpatient counseling** can help people understand addiction, their triggers, and their reasons for using drugs. This form of treatment can be done at a doctor's office or via telehealth appointment.
- **Inpatient rehabilitation** at a full-time facility provides a supportive environment to help people recover without distractions or temptations.

# Determining Level of Care



# Criteria for Substance Abuse Disorders



Cravings to use  
the substance



Wanting to cut  
down or stop but  
not managing to



Taking the substance in  
larger amounts or for longer  
than you're meant to



Neglecting other parts  
of your life because of  
substance use



Continuing to use,  
even when it causes  
problems in relationships



Using substances even  
when it puts you in  
danger



## **Substance use disorders span a wide variety of problems arising from substance use, and cover 11 different criteria:**

- Taking the substance in larger amounts or for longer than you're meant to.
- Wanting to cut down or stop using the substance but not managing to.
- Spending a lot of time getting, using, or recovering from use of the substance.
- Cravings and urges to use the substance.
- Not managing to do what you should at work, home, or school because of substance use.
- Continuing to use, even when it causes problems in relationships.
- Giving up important social, occupational, or recreational activities because of substance use.
- Using substances again and again, even when it puts you in danger.
- Continuing to use, even when you know you have a physical or psychological problem that could have been caused or made worse by the substance.
- Needing more of the substance to get the effect you want (tolerance).
- Development of withdrawal symptoms, which can be relieved by taking more of the substance.

# Determining Level of Care



## ASAM

American Society of Addiction Medicine.

1. Acute Intoxication and/or Withdrawal Potential
2. Biomedical Conditions and Complications
3. Emotional, Behavioral or Cognitive Conditions and Complications
4. Readiness to Change
5. Relapse, Continued Use or Continued Problem Potential
6. Recovery Environment

# Treatment is not 12 Step

- Ability to address comorbidity that occurs between SUD treatment and Mental Health counseling. Society of Addiction Medicine.

DMC benefits- individual, group, family, TX, case management, referrals, UA

MI, CBT, Psychoeducation