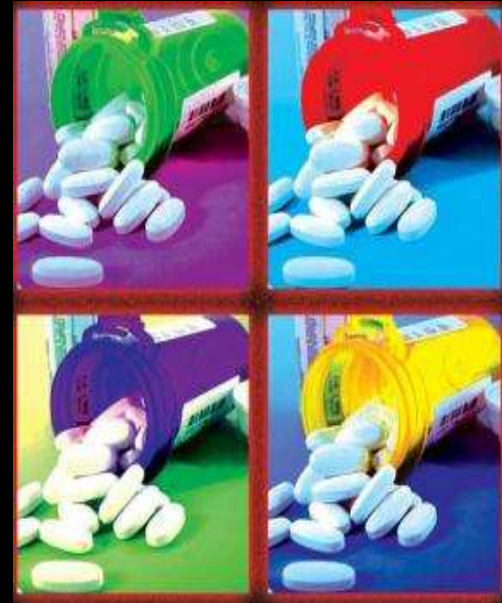


“Legal Highs? - Recreational Use of Legal Substances”

John Haenes, MSSW, LMSW, CPS, ICPS



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tcchallenge

Legal Drugs

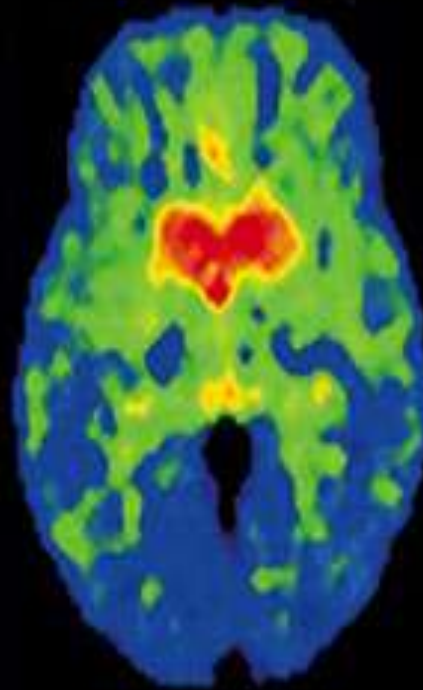


American Association of Poison Control Centers show over 4,000 people have gotten sick from synthetic drugs through July of 2011, compared with fewer than 3,200 in all of 2010. At that rate, medical emergencies stemming from synthetic drugs could rise nearly fivefold by the end of 2011

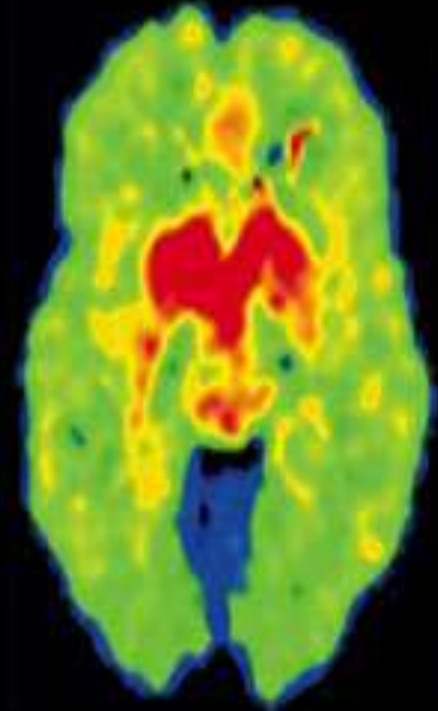
1500 ER visits due to exposure were reported in the first quarter of 2011



Tobacco



Smoker



Non-Smoker

Kill a Cigarette and Save a Life. Yours.



Every two and a half days, tobacco's death toll on Americans equals the number of deaths from the terrorist attacks on September 11, 2001.

24,100 Texans die per year from their own smoking





•10-15 years of life are robbed from smokers because they die 10 years earlier than nonsmokers.

•Smoking also steals 10 years of physical functioning in old age

•5.4 million deaths a year are caused by tobacco.

WHO, 2009

Do you watch your intake?



Nutrition Facts	
Serving Size 1 Smoke	
	% Daily Value
Acetic Acid	2
Acetone	2
Aluminum	2
Ammonia	2
Arsenic	2
Benzophenone	2
Beryllium	2
Butane	2
Cadmium	2
Caffeine	2
Carbon Monoxide	2
Chloroform	2
Copper	2
DBP/Bolidin	2
Ethanol	2
Formaldehyde	2
Hexamine	2
Hydrogen Cyanide	2
Lead	2
Magnesium	2
Mercury	2
Methane	2
Methanol	2





Smoking-Caused Monetary Costs in Texas

- Annual health care costs in Texas directly caused by smoking **\$5.83 billion**
- Portion covered by the state Medicaid program **\$1.6 billion**
- Residents' state & federal tax burden from smoking-caused government expenditures **\$577 per household**
- Smoking-caused productivity losses in Texas **\$6.79 billion**



Effects on the Brain

- Dopamine – pleasure, appetite suppression
- Norepinephrine – arousal, appetite suppression
- Acetylcholine – arousal, cognitive enhancement
- Vasopressin – memory improvement
- Serotonin – mood modulation, appetite suppression
- Beta-endorphin – reduction of anxiety and tension



Caffeinated Energy Dip



REVELO
UP **DIP + ENERGY™**



- 150 mg of caffeine
- 65% fewer carcinogens
- Equivalent to a strong 16oz energy drink

Novel smokeless products: SNUS

- ⊕ Moist powder tobacco product in a teabag-like pouches that is between the upper lip and gum, for 30 minutes
- ⊕ No spitting and limited detection.



SNUS versus Cigarettes



SNUS

- Camel Snus has 6-9 mg nicotine per portion pouch
- While users reduce or avoid some of the other hazards of smoking cigarettes, including the incidence of lung cancer, research has shown the products can cause or contribute to specific types of cancers that include pancreas, mouth, tongue and esophagus

CIGARETTES

- A cigarette can contain around 1-10 mg of nicotine according to the NIDA.
- The number can vary depending on the type and brand of cigarette, user preference, and environmental factors.

Camel Dissolvables

- smokeless and spit-free
- made from finely milled tobacco and held together with food grade binders.
- Camel Dissolvables deliver between 0.6 to 3.1 milligrams of nicotine



Camel Dissolvables



Camel Dissolvables



Danger of Camel Dissolvables

- At 3mg each, one could chew up 14-20 of them to reach the lethal dosage (ld50) for adult humans of nicotine at 40-60mg. Younger human's lethal dosage would be less
- *Vomiting, nausea, diarrhea, Headaches, Troubled Breathing, Wanness or Pallor (paleness), Sweating, Heart Palpitations, Stomach Cramps , Drooling , Fatigue , Death*



Consequences??

- 5% of all strokes and heart attacks in Sweden are associated with smokeless-tobacco use
- smokeless tobacco increases the risk of oral cancer three to 10 times.
- Promotes tooth loss



E-Cigarette



- Designed to look, feels and smokes just like a real cigarette
- Claims to have none of the harmful substances found in real cigarettes.
- Emits a virtually odorless vapor
- Cost savings- 1 cartridge = 1-3 packs of Cigarettes. Potential savings of anywhere from \$3000 to \$5000 per year.
- Flavored Cartridges

What is an e-cigarette?



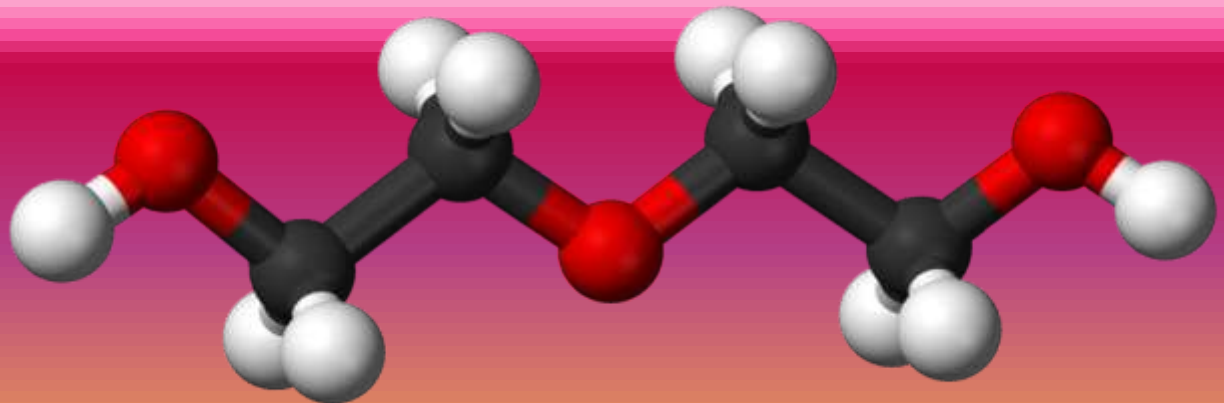
E-cigarettes- Selling Points and dubious safety claim

- ENJOY the ECigarette in places where regular cigarettes are PROHIBITED, even in bed.
- ECigarette use costs less than real cigarettes.
- ECigarette eliminates the dangers of second-hand smoke, so you can smoke around others without causing ill effects.
- Eliminate the nasty smell, messy ashes and cigarette butts.
- Eliminate bad breath and smoke odor on your body and clothes, as well as in your home and car.



What the FDA reports:

- Diethylene glycol was detected, an ingredient used in antifreeze and toxic to humans and animals.
- Certain tobacco-specific nitrosamines which are human carcinogens were detected in half of the samples tested.
- Tobacco-specific impurities suspected of being harmful to humans—anabasine, myosmine, and β -nicotyrine—were detected in a majority of the samples tested.



What the FDA reports:



- 3 different e-cigarette cartridges with the same label were tested and each emitted a markedly different amount of nicotine with each puff. The nicotine levels per puff ranged from 26.8 to 43.2 mcg nicotine/100 mL puff.
- 1 high-nicotine cartridge delivered 2x as much nicotine when the vapor from that e-cigarette brand was inhaled than was delivered by a sample of the nicotine inhalation product
- The e-cigarette cartridges that were labeled as containing no nicotine had low levels of nicotine present in all cartridges tested, except one.

Flavored products:

- Cigarettes, smokeless tobacco products, and so-called “little cigars” have been introduced in an array of candy, fruit, and alcohol flavors that mask the harshness of the products and make them more appealing to children.
- June 22, 2010- Ban on flavored cigarettes became active



Alcohol Flavored Products



Energy Drinks



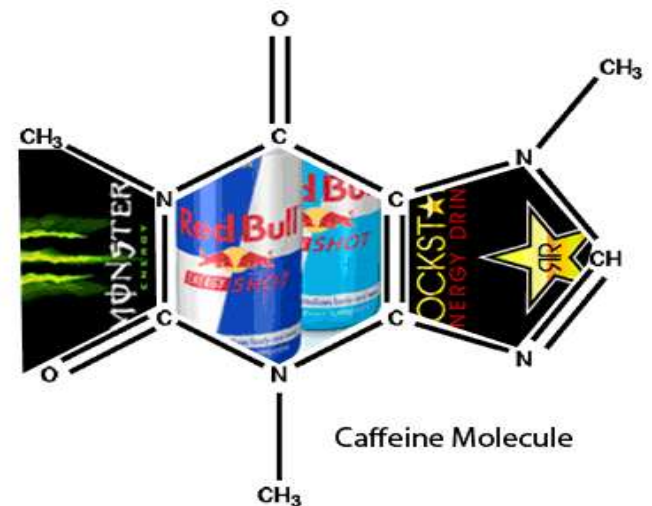


**Sales to top \$17 BILLION in
North America alone by 2011**

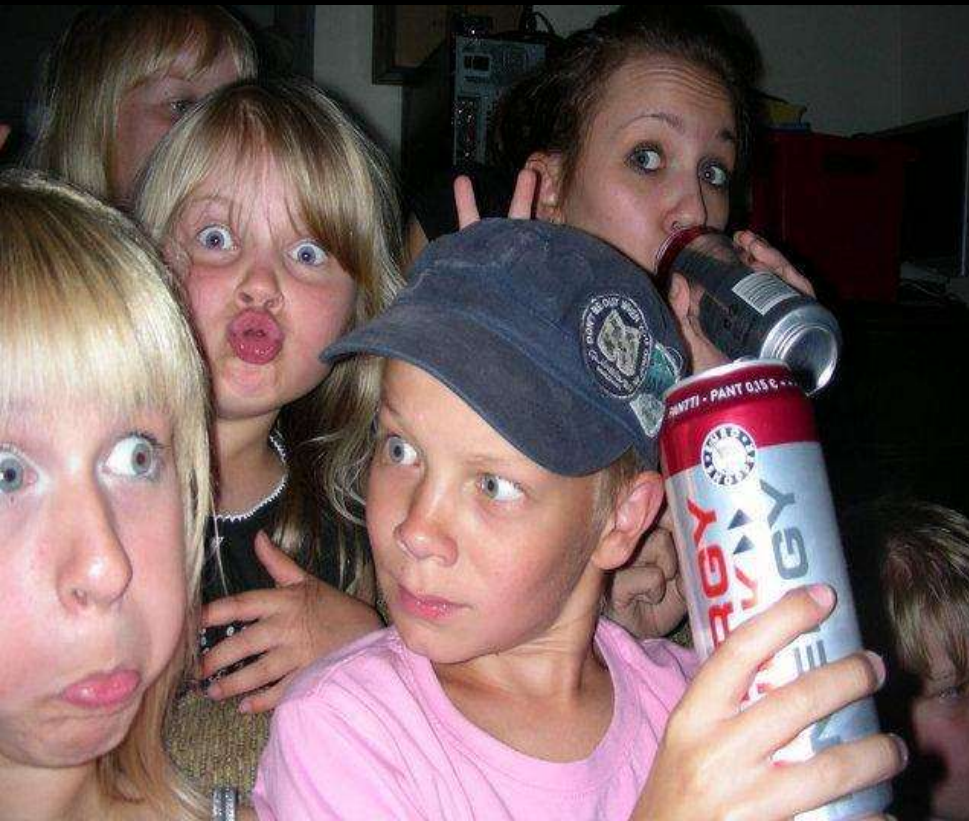
**31% of 12- to 17-year-olds are regular consumers
vs. 22 percent of 25- to 34 year-olds**

The Energy Drink Market: Youth Driven?

- One in three teens vs one in ten adults.
- Youth consumption is rapidly increasing.
- Energy drinks help teens augment their rebellious image—legally.



What's the "science" behind Energy Drinks and what are they doing for you?



Energy Drinks- Caffeine

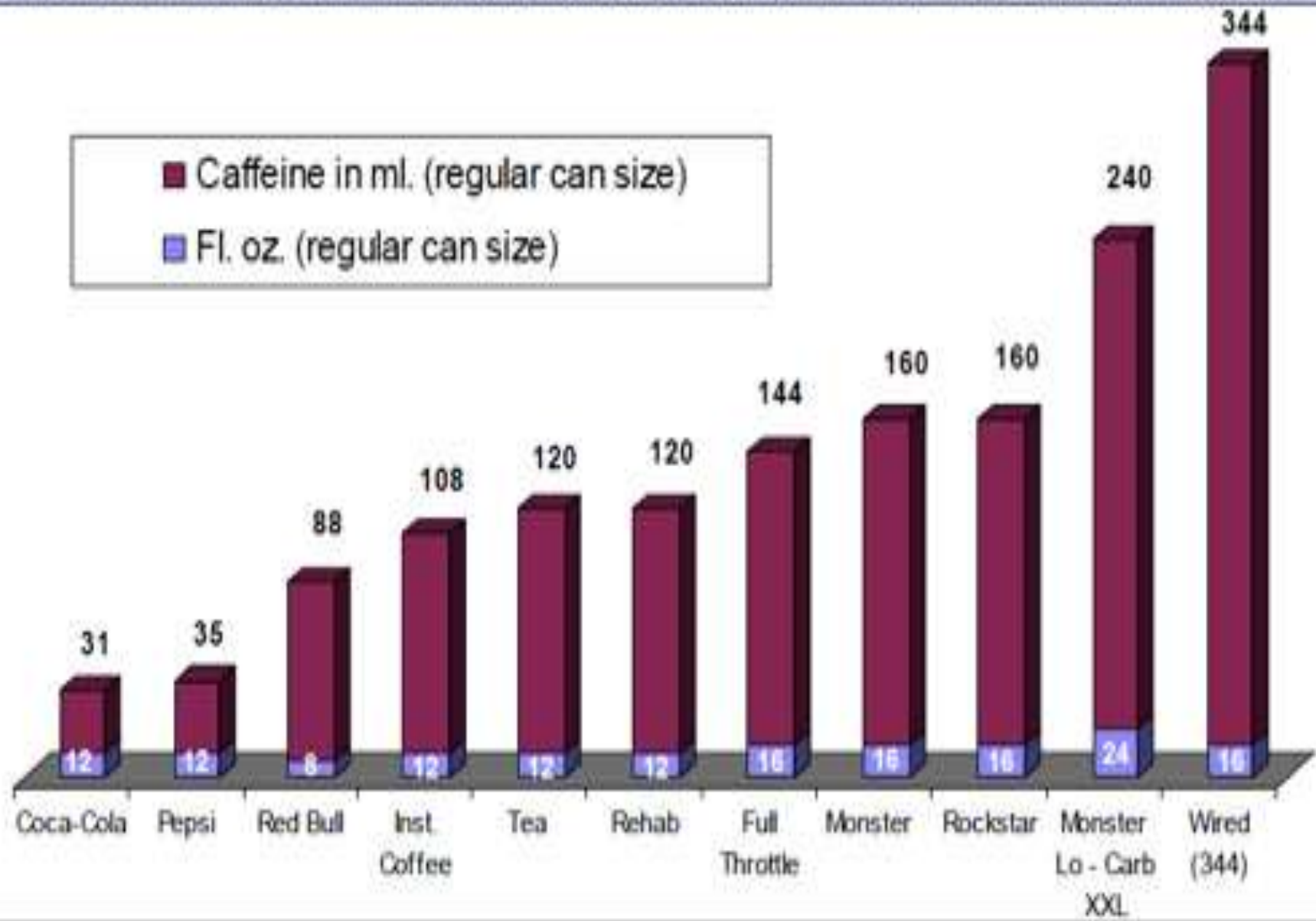
- Most energy drinks contain between **70 and 200 mg.**
- An 8 oz cup of coffee contains 110–150mg for drip, 65–125mg for percolated, and 40–80 mg for instant.
- Dr. Pepper gives you 41mg, and a can of Coke provides 34mg.
- A full can of RockStar has **160mg.**



ROCKSTAR
ENERGY DRINK

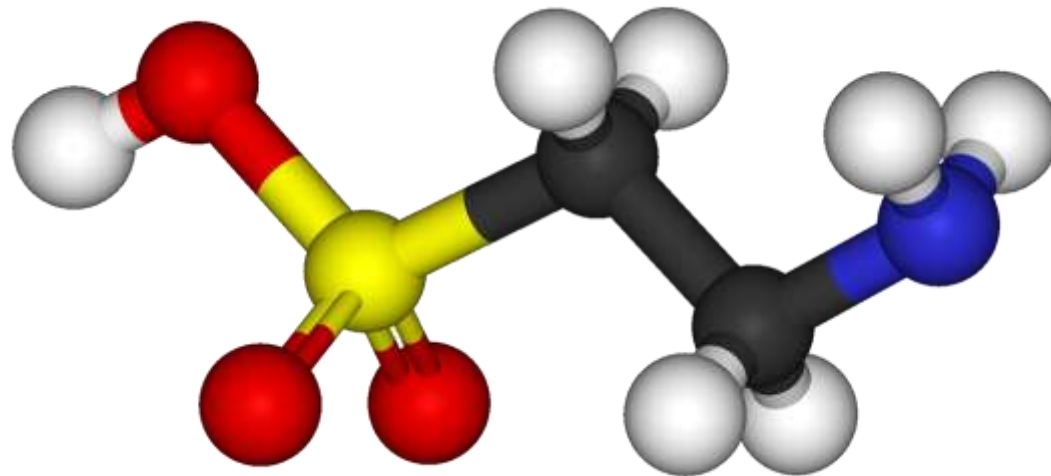


Most energy drinks come in 16 oz. cans, but the caffeine content in each can and vary considerably. Take a look at this graph, notice the enormous amounts of caffeine in some of the most popular energy drinks. Many individuals consume multiple cans.



Energy Drinks- Taurine

- Taurine– amino acid which helps regulate heartbeat, muscle contractions, and energy levels.
- Rumored that under “stress conditions” like illness, physical exertion, or injury, the body does not create enough.
- Taurine might be a “mild inhibitory neurotransmitter”, some studies show it helps with excitable brain states



Energy Drinks- Guarana

- Guarana comes from plants in South America.
- It's more dense in caffeine than coffee beans (3-4% vs 1-2%).
- It's not called "caffeine" because it contains a couple other things: theobromine and theophylline, which are known stimulants.



Energy Drinks-Ginseng

- adaptogenic herb
- known to increase energy, has some anti-fatigue components,
- supposedly relieves stress, and increase memory.
- Right now it's suspected that ginseng helps stimulate the hypothalamic and pituitary glands, which then secrete something called adrenal corticotropic hormone.



Energy Drinks-Sugar

- Glucose- body's preferred fuel.
- Energy drinks contain a ton of sugar, therefore, energy.
- Too much sugar intake has been linked to diabetes.



Energy Drinks: Why worry?

- Dehydration
- No conclusive studies on the combined effect of taurine & caffeine on humans
- Rats fed taurine exhibited bizarre behavior such as anxiety, irritability, high sensitivity to noise, and self-mutilations.
- Energy drinks do not replenish the body after strenuous activity such as exercise; nor do they combat fatigue from sleep deprivation.



Now for something different...



INNOVATIVE BEVERAGE GROUP
Bringing Refreshment To Life



WARNING!
DRANK
MAY BE
EXTREMELY
RELAXING AND
CALMING

Order

The first EXTREME RELAXATION dietary supplement to hit the market, DRANK is designed to help calm and relax you.

So remember... "Just Slow Your Roll" with Drank. Catch us on:



anti-energy drink," designed to "slow your roll." The grape-flavored drink is fortified with melatonin, valerian root, & rose hips.

2-ounce shots of iChill laced with melatonin and valerian root

The warning label hardly sets minds at ease: "Do not take if you are pregnant or nursing. Do not take if you are under age 12. If you have any known allergies or are under medical supervision seek the advice of your health care professional prior to using this product. Do not take when operating machinery or driving a vehicle."



**Are you tired of those
sleepless nights?**

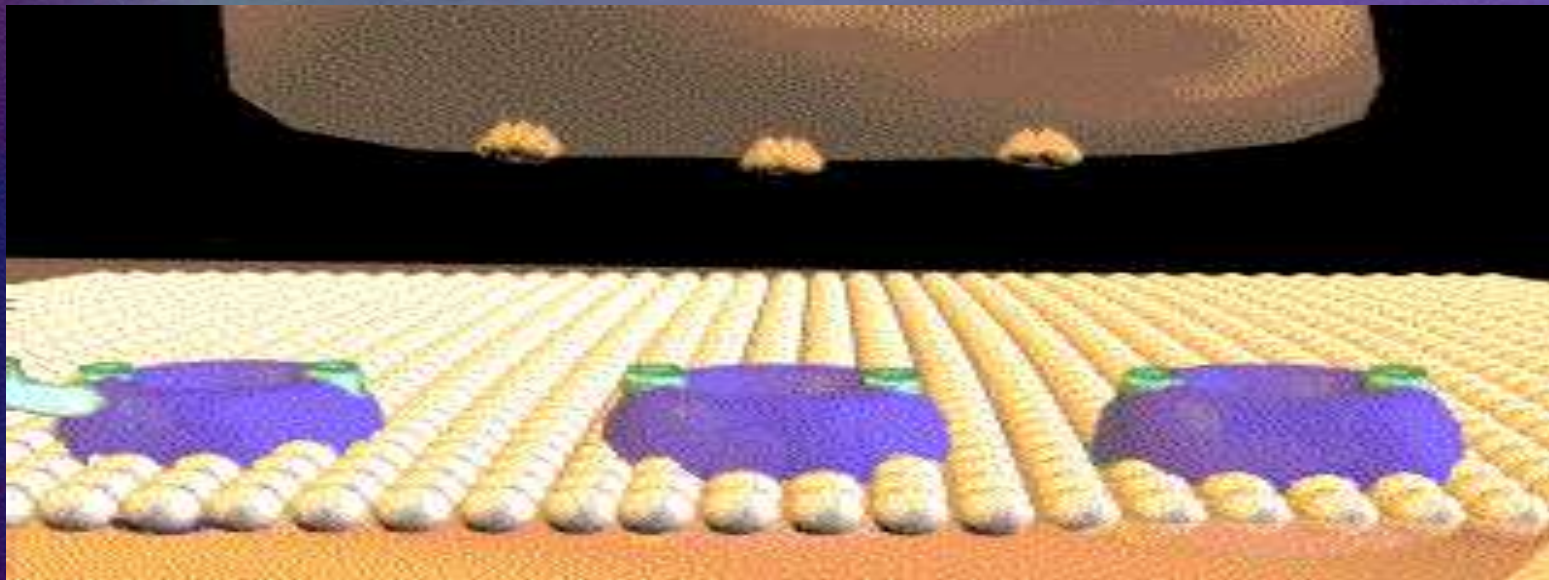
Drink a Dream Water®.

The Official Sponsors of Sleep!™



Dream Water targets those struggling to get to sleep. Take a half-hour before bed and, according to the label, the blend of melatonin, tryptophan and gamma-amino butyric acid will let you "dream responsibly."

Since GABA is an inhibitory neurotransmitter, alcohol increases its ability to inhibit. Neurons receiving messages through GABA are even more inhibited by this transmitter than usual when alcohol is present in the brain. Because GABA neurons are located not in one specific part of the brain, the presence of alcohol inhibits many activities within the brain, influencing behavioral output



- GABA
- GABA receptor
- Chloride channel
- Ethanol

Melatonin: This brain hormone naturally controls the human sleep cycle. Melatonin, therefore, tells our bodies when it is time for sleep and when it is time to wake up.

Valerian Root: Valerian Root is known to benefit those who may suffer from anxiety; restlessness; insomnia; mental strain; lack of concentration; excitability; stress; chronic headaches or migraines;

Rose Hips: contains biologically valuable bioflavonoids and is a great source of antioxidants. Rose-Hips have traditionally been used to treat diarrhea, nervousness, exhaustion, stress, urinary problems.

Suntheanine: the primary amino acid found in green tea. Is thought naturally stimulates activity in the brain known as alpha waves, which are associated with a relaxed but alert mental state.



Salvia Divinorum

- ◆ **Salvia divinorum** is a soft-leaved green plant, native to Southern Mexico, which contains a powerful psychoactive chemical known as Salvinorin.
- ◆ **S. divinorum** has been used traditionally in Mexico for healing and divination and became available in the underground psychedelic culture around the world starting in the early 1990's.





Salvia Facts

- ◆ Dried leaf is sold for 50-100 USD per ounce. Extracts are sold for 20-50\$ per gram. Live plants prices vary based on age, size, and health of plant.
- ◆ Works on the Kappa-Opioid receptor system. Narcotic analgesic (pain killing) activity occurs at the mu, kappa and sigma receptors.



Salvia Facts

- ◆ The Substance:
 - ◆ Salvia
 - ◆ La Pastora,
 - ◆ Yerba Maria
 - ◆ Shepherdess
 - ◆ Diviner's Sage



- ◆ Onset
When smoked, Salvia generally comes on very quickly. First effects are noticed between 20-60 seconds after smoking, increasing to peak effects within 1-2 minutes.
- ◆ Duration
The primary effects of Salvia divinorum last between 5-15 minutes. There is then a come-down period of 20-40 minutes before returning to baseline.
- ◆ Represents a potential molecular target for the development of drugs to treat disorders characterized by alterations in perception, including schizophrenia, Alzheimer's disease and bipolar disorder.

Frequency of use

- ◆ National Survey on Drug Use and Health (NSDUH), 2008 data indicate some 1.8 million people over the age of twelve had used salvia at least once.
- ◆ During the time of the survey, more people tried salvia than LSD, PCP or other hallucinogenic drugs.



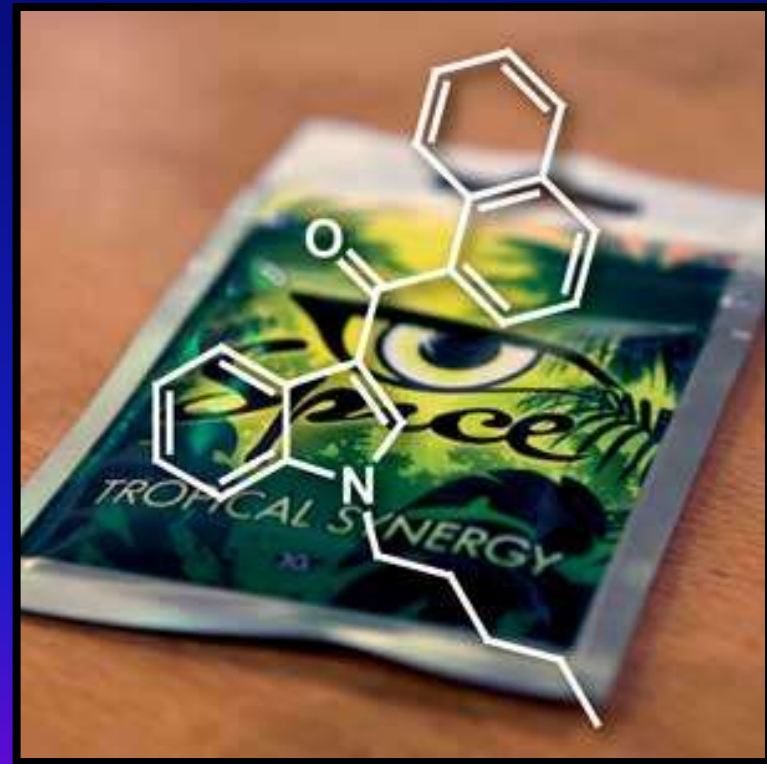
Synthetic THC?

- ◆ A new generation of recreational psychoactives emerged in 2006
- ◆ synthetic chemicals with effects similar to THC.
- ◆ marketed as "incense" rather than smoking material.
- ◆ \$30 to \$60 per three gram bag
- ◆ **Update: DEA has temporarily banned the five chemicals whose effects mimic marijuana.**



What is it really?

- ◆ Naphthalen-1-yl-(1-pentylindol-3-yl) methanone
- ◆ JWH-018, JWH-073, JWH-200, JWH-250, CPs, and WINs
- ◆ affinity for the cannabinoid brain receptor (CB₁) that's about 10 times greater than THC. You can smoke a lot less to get just as high.



What is it really?

- ◆ The compound works on the brain in the same way as Δ^9 -tetrahydrocannabinol. Both compounds bind to the CB₁ receptors, which primarily affect the central nervous system. JWH-018 also binds to the peripheral brain (CB₂) receptors, which are involved in the immune system.
- ◆ JWH-018 binds to the psychotropic CB₁ receptor with approximately 4 times the potency of the naturally-occurring THC. Unlike THC, which binds with almost equal affinity to CB₁ and CB₂ receptors, JWH-018 exhibits a 3-fold preference for CB₁ receptors.



Is it Dangerous?

- ◆ fast heart beat, dangerously elevated blood pressure, pale skin and vomiting suggest that K2 is affecting the cardiovascular system of users. It also is believed to affect the central nervous system, causing severe, potentially life-threatening hallucinations and, in some cases, seizures.



Is it Dangerous?

- ◆ JWH is more potent than THC. Lower concentrations of drug will produce notable effects with JWH-018 than with THC.
- ◆ JWH is more efficacious than THC.
- ◆ We have little to no scientific information about how JWH is distributed and eliminated from the body.



- ◆ CP- Spice
- ◆ WIN-??
- ◆ JWH- K₂

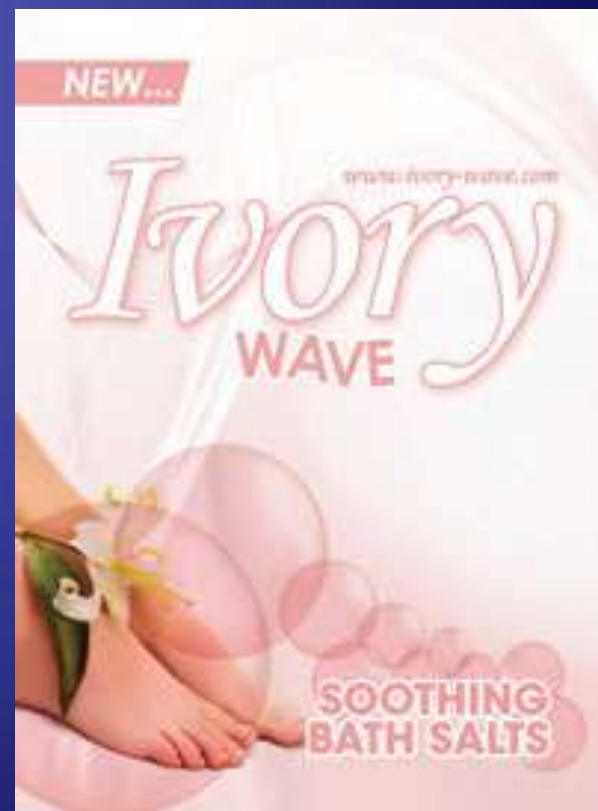


Mephedrone or M-Cat

- ◆ It is a synthetic substance based on the cathinone compounds found in the khat plant of eastern Africa.
- ◆ Mephedrone can come in the form of capsules, tablets or white powder that users may swallow, snort or inject
- ◆ meph, drone, MCAT, Meow Meow, and bubbles



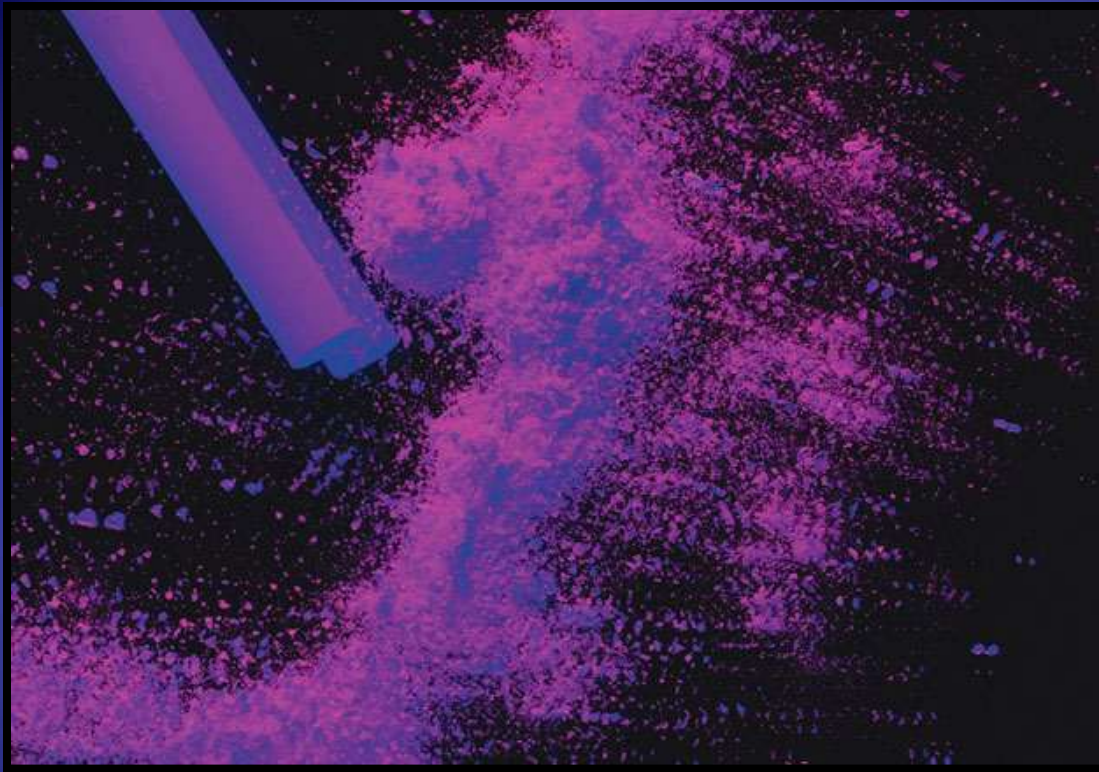
Mephedrone and Methylenedioxypropylvalerone MDPV.



Mephedrone (MCAT) & Methylenedioxypropylvalerone (MDPV)

- ◆ **Methylenedioxypropylvalerone** MDPV and MCAT are psychoactive drugs with stimulant properties which acts as a norepinephrine-dopamine reuptake inhibitor (NDRI) with a slight entactogenic effect. Reportedly has four times the potency of methylphenidate





- ◆ These “bath salts” can produce powerful psychotropic effects and can cause paranoia, insomnia, fiending behavior, addiction, rapid heart rates and suicidal thought .

Effects of MCAT and MDPV

- ◆ Slight entactogenic drug... gives birth to one's true inner feelings, puts one in touch with emotions and feelings.
- ◆ increased alertness, euphoria, excitement, feeling of stimulation, urge to talk and openness, desire for sex, fiending behavior.



Side effects of M-Cat

- ◆ mephedrone can cause nose bleeds, nose burns, hallucinations, nausea, vomiting, blood circulation problems, rashes, anxiety, paranoia, fits and delusions. other side effects may include poor concentration, poor short-term memory, increased heart rate, abnormal heart beats, anxiety, depression, increased sweating, dilated pupils, the inability to normally open the mouth, and teeth grinding.
- ◆ A survey conducted by the National Addiction Centre, UK found that 51% of mephedrone users said they suffered from headaches, 43% from heart palpitations, 27% from nausea and 15% from cold or blue fingers



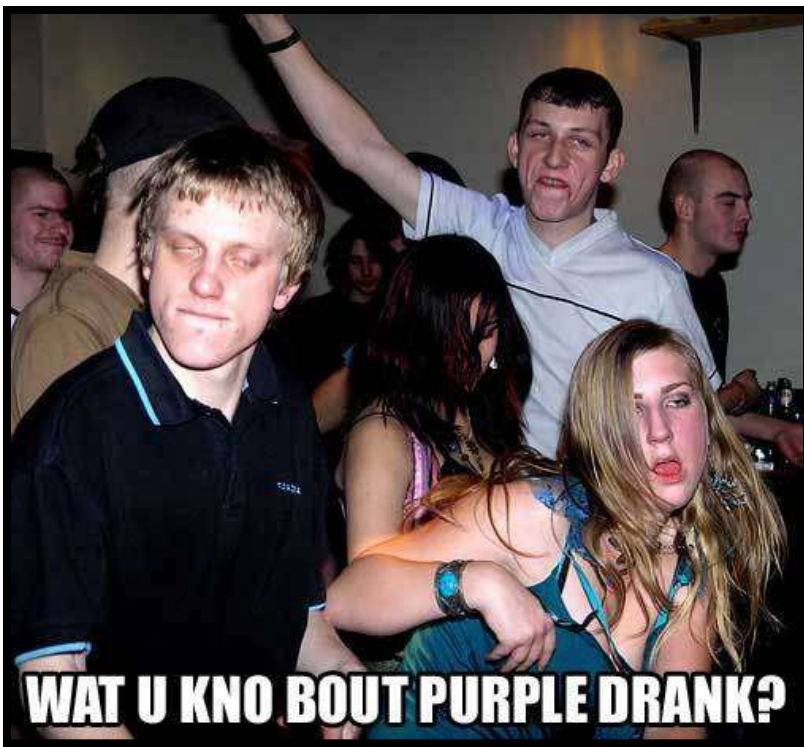
OVER THE COUNTER DRUGS (DEXTROMETHORPHAN)

Used for:

Dextromethorphan is an antitussive (cough-suppressant) drug found in many over-the-counter cold and cough medicines

Coricidin cough and cold tablets • Contac cold, flu products • Theraflu products • Robitussin cough products Alka-Seltzer Plus Cold & Cough Medicine • Children's Vicks NyQuil Cold/Cough Relief • Dimetapp DM Elixir • Sudafed Cold & Cough LiquidCaps • Triaminic AM Cough and Decongestant Formula





Dextromethorphan OTC products can be mixed with soda or sports drinks to create concoctions dubbed "Syrup," "Purple Drank", "Lean." "Sizzurp", "Sirrp", "Purple oil", "Urrple Durrple", "Purple stuff", "(Dat) Drank", "Purple Tonic", "Texas Tea" "Memphis Mud", and "Sir".

- **Aspirin** - symptoms of overdose may include rapid breathing, difficulty swallowing, ringing in the ears or loss of hearing, bloody urine, diarrhea, nausea, dizziness, fever, swelling of eyelids, face or lips, and convulsions.
- **Chlorpheniramine Maleate (CPM)** (antihistamine) can cause severe and life-threatening symptoms including seizures, troubled breathing, weakness, loss of consciousness, severe dryness of mouth, nose, or throat, bleeding from skin, mouth, eyes, rectum, and vagina, and possibly death.
- **Guaifenesin** (expectorant) can cause severe nausea and vomiting.
- **Pseudoephedrine** (decongestant) can cause irregular heartbeat, headaches, difficulty breathing, anxiety, and seizures.



Dextromethorphan

Users report that the package listed its "herbal" ingredients as "Fevizia, Palenzia, and De la Amazon."

Other products listing the same ingredients -- such as Snuffadelic and Red Dawn Vector Euphoria Enhancer -- are readily available.



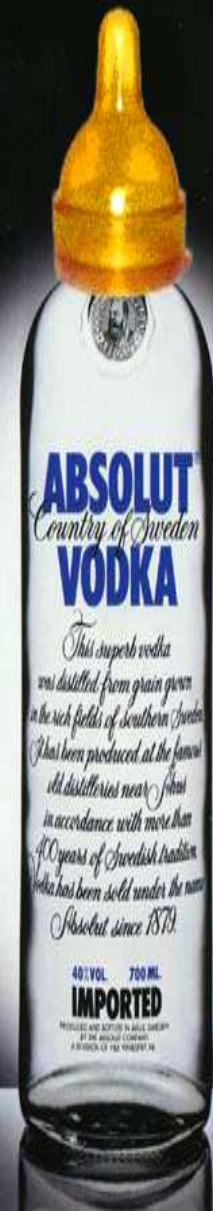
Alcohol



What's the problem with underage drinking?

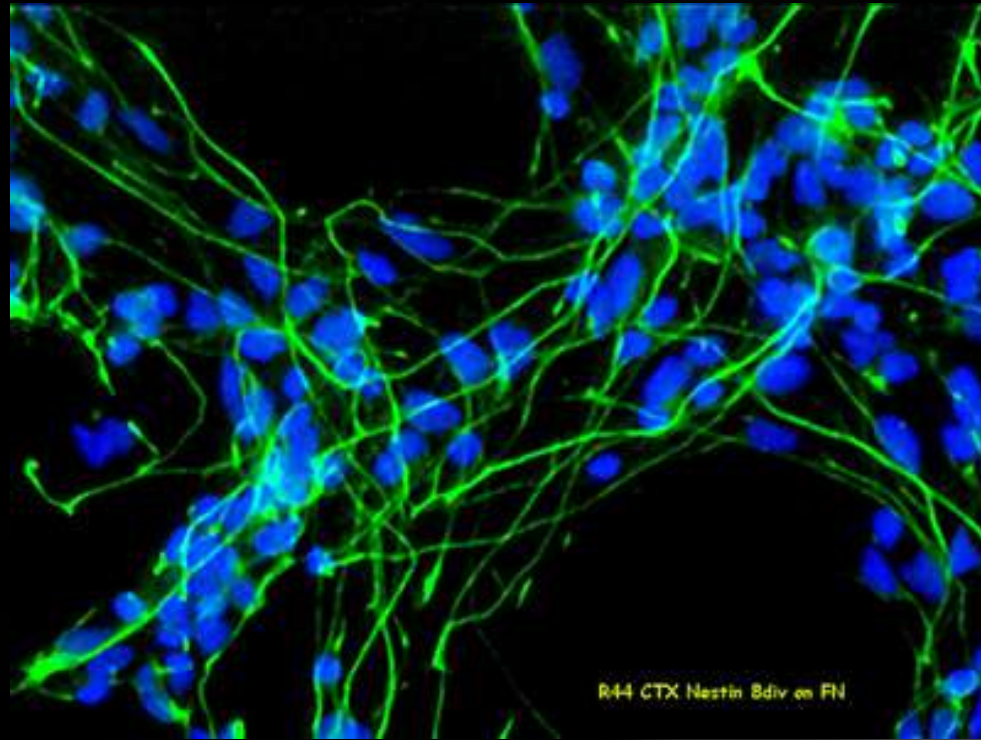
47% of those who begin drinking alcohol before the age of 14 become alcohol dependent at some time in their lives, compared with 7% of those who wait at least until age 21.





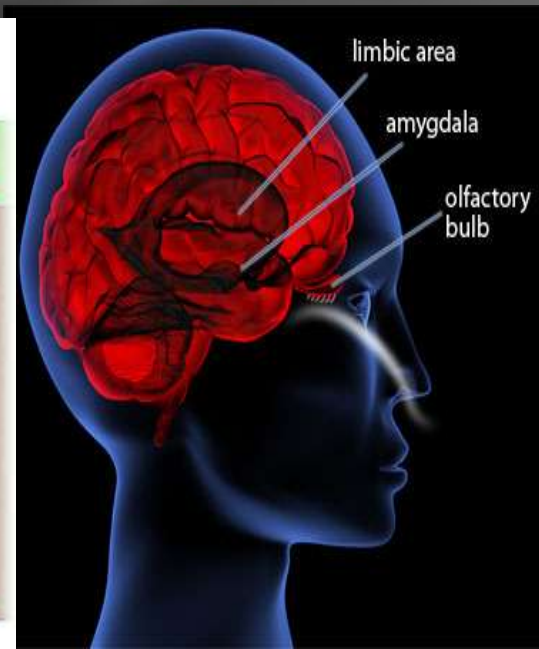
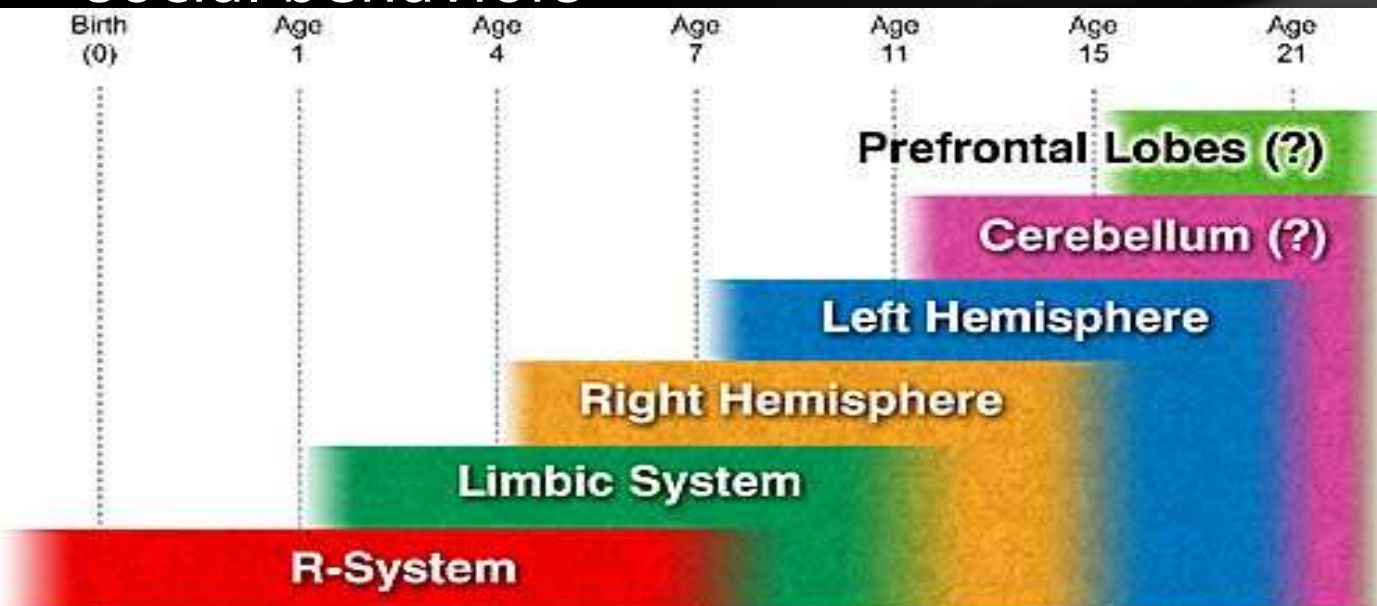
<u>Age of Alcohol Use</u>	<u>% Develop Alcoholism</u>
≤ 13	26%
14-15	32%
16-17	21%
18-19	13%
20	9%
≥ 21	7%

ABSOLUT CHILD-REARING



Even a single high dose of alcohol temporarily prevents the creation of new nerve cells from progenitor stem cells in the forebrain that appear to be involved in brain development.

- ◆ GABA turns down chemistry of anxiety, locks inner voice in closet
- ◆ 10% drop in IQ after 1 year on binge drinking
- ◆ Drinking deregulated L1 and diminishes cognitive functioning by up to 25%
- ◆ Degradation of L1 mapping- impact hippocampus which impacts muscle memory, 3d spatial relationship and social behaviors



Alcohol use among young adults

- Alcohol's bi-phasic impact on the adolescent and young adult brain is different from the adult brain. For older adults, alcohol acts as a sedative, younger adults, a excitatory drug. (20 minutes vs. 8-10 hours)
- Young adults drink less often than older adults, but drink more than older adults.

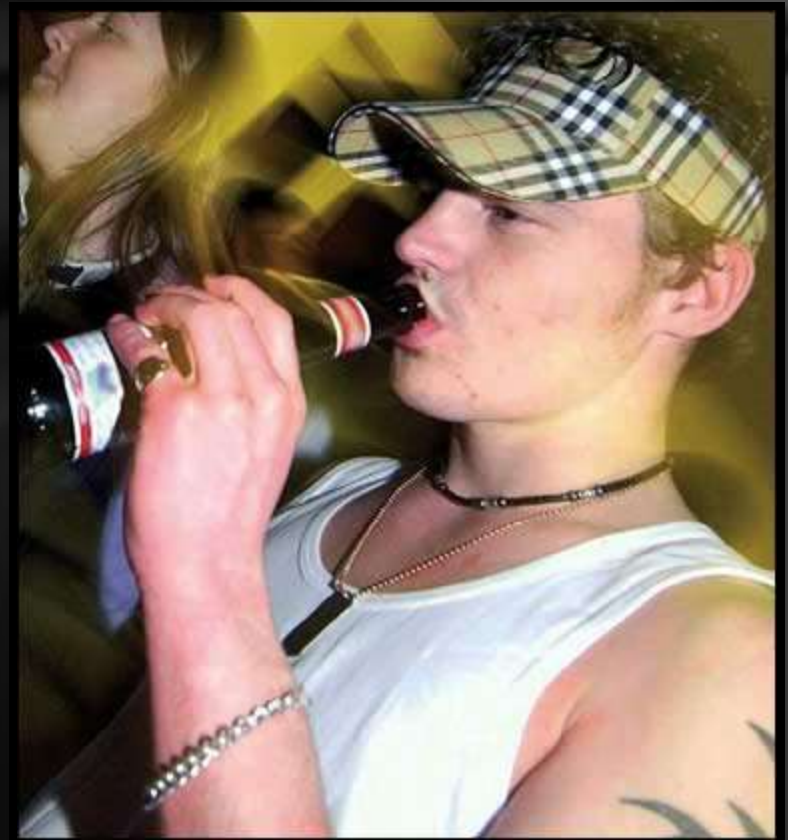


Higher Learning?

600,000 college students unintentionally injured while under the influence

700,000 are by other students who are under the influence

100,000 college students are victims of alcohol related sexual assault





CREAM™
ALCOHOL INFUSED
WHIPPED CREAM



CREAM™
TEAM

click here to join 







- Pays for itself in less than 2 uses! Now you can take up to 80oz. of your favorite beverage wherever you go... Even where "they" don't want you to!

- The bladder is held in an insulated pouch in the sling which is worn under your clothing for concealment. When worn, it looks just like a beerbelly, and stays cold for hours!

The WineRack

- Turn an A cup in to double Ds AND sport your favorite beverage for yourself and your friends! Better than a Boob Job and Cheaper Too! Not to mention the savings on over priced drinks.
- Take a bottle of wine, a mixed drink or even a fifth of your favorite hard stuff to the movies, concerts, ball games, even PTA meetings. Sporting a rack that will turn heads and serving a beverage that will have guys standing in line for a sip of your secret stash!
- Very comfortable sports bra available in versatile black. Polyurathane bladder holds over 750ml or 25oz. of your favorite beverage. Drinking tube long enough to route as you wish. Easy to use on/off valve to control the flow.







Brand Confusion Which Contain Alcohol?



Brand Confusion: Which Contain Alcohol?



Only non-alcoholic brands have nutrition facts and ingredients listed



Who Owns These Brands?



Miller Brewing
Company

Anheuser-Busch

Who distributes this drink?



Who makes this drink?



Anheuser-Busch

Alcohol Brands Cost Less

Price Comparison—Three alcoholic brands cost about 25 percent less than three nonalcoholic brands.²⁹

Alcoholic Brands

■ Rockstar 21	\$1.59
■ Sparks	\$1.53
■ Tilt	\$1.53

Nonalcoholic Brands

■ Rockstar Juiced	\$2.03
■ Lost Energy	\$2.07
■ SoBe Adrenaline Rush	\$2.03

A new energy drink called "Four Loko" has a 12-percent alcohol content and is loaded with caffeine and sugar,

Twice the size of a regular can of soda, the 24-ounce energy drink sells for under \$3 -- cheaper than a beer

Street nickname for it is "coke in a can"

Multiple flavors- Grape, Watermelon, Cherry and Orange



Sex Always Sells

Liquid Charge Girls

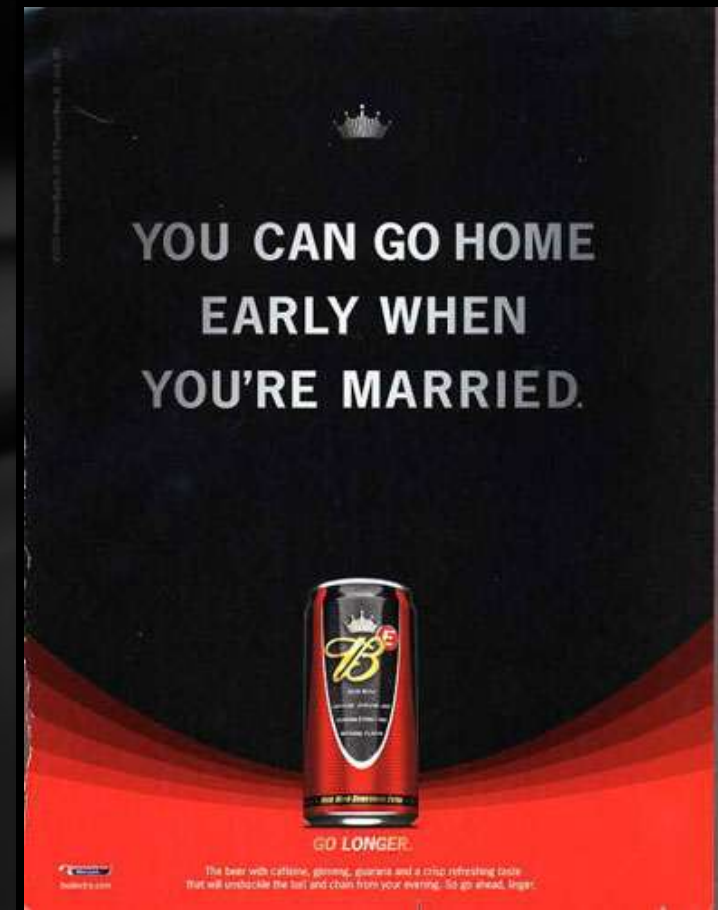
www.liquidcharge.com





Public Health Implications Alcohol-Energy Drinks

- ◆ Marketing and product design promotes youth consumption
- ◆ Alcohol + Caffeine = “Wide awake drunk”
- ◆ Caffeine masks alcohol’s intoxicating effects, promotes risk taking
- ◆ Youth/Young Adult most likely to take risks



Wake Forest / NC Study

Survey of > 4,000 North Carolina college students on mixing alcohol with energy drinks

- ◆ 24% of drinkers mixed with energy drinks
- ◆ Twice as many episodes of weekly drunkenness
- ◆ Drank more – 5.8 v. 4.5 drinks / session
- ◆ Greatest number of drinks in a session was 36% higher – 8.3 v. 6.1 drinks



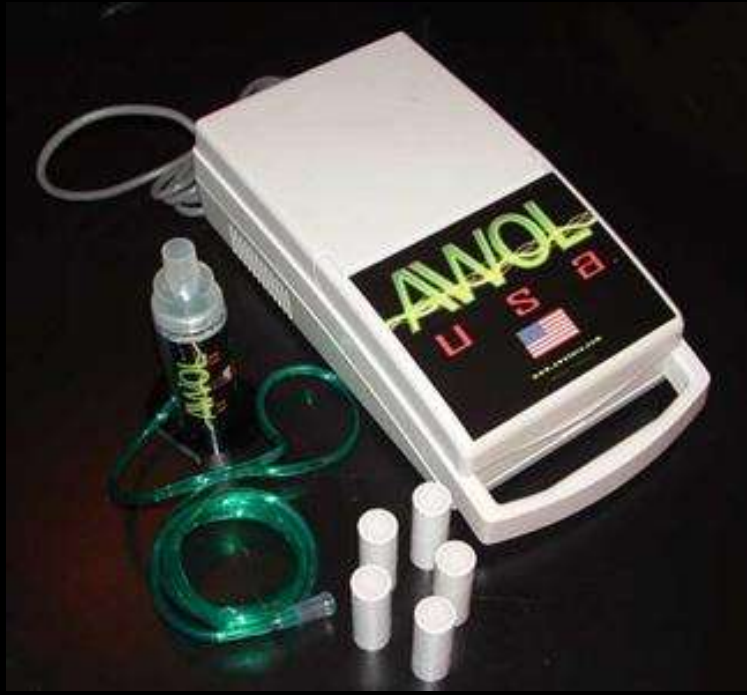
Wake Forest / NC Study

Students who consumed alcohol with energy drinks were twice as likely to:

- ◆ be hurt or injured
- ◆ require medical attention
- ◆ ride with an intoxicated driver
- ◆ be taken advantage of sexually
- ◆ take advantage of someone else sexually



AWOL - Alcohol With Out Liquid



- ▣ There's a new low-calorie, low-carbohydrate way to consume alcohol
- ▣ Alcohol enters the bloodstream through the lungs rather than the stomach . The resulting feeling is the same sense of well being an adult gets from consuming alcohol in the traditional manner.
- ▣ AWOL should be used no more than two 20-minute sessions within a 24-hour period.





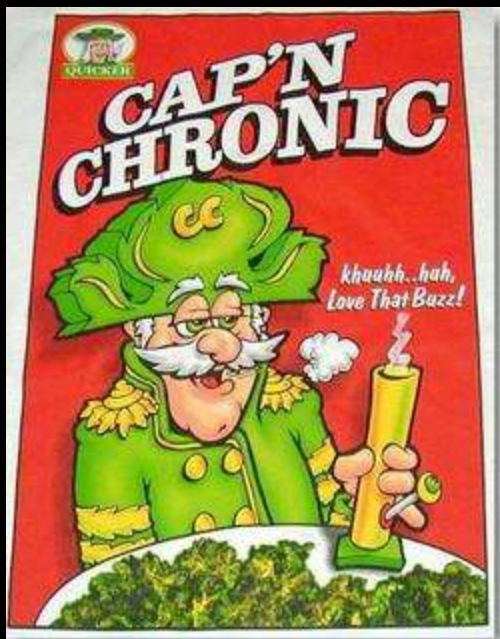
The user chooses which alcoholic spirit will be used and the alcoholic spirit is loaded into a diffuser capsule in the machine. The oxygen bubbles are then passed through the capsule, absorbing the alcohol, before being inhaled through a tube. The resultant cloudy alcohol vapor is then inhaled from the end of the tube via a device that converts liquid to vapor.

AWOL - Designed with Absinthe in mind. Works with all liquors!

The cost of underage drinking

- ◎ 62 Billion a year in medical and lost productivity
- ◎ 5.5 Billion a year for treatment
- ◎ 1 year of underage drinking could fund a nation-wide school lunch program for 9 years





DEA



Inhalants



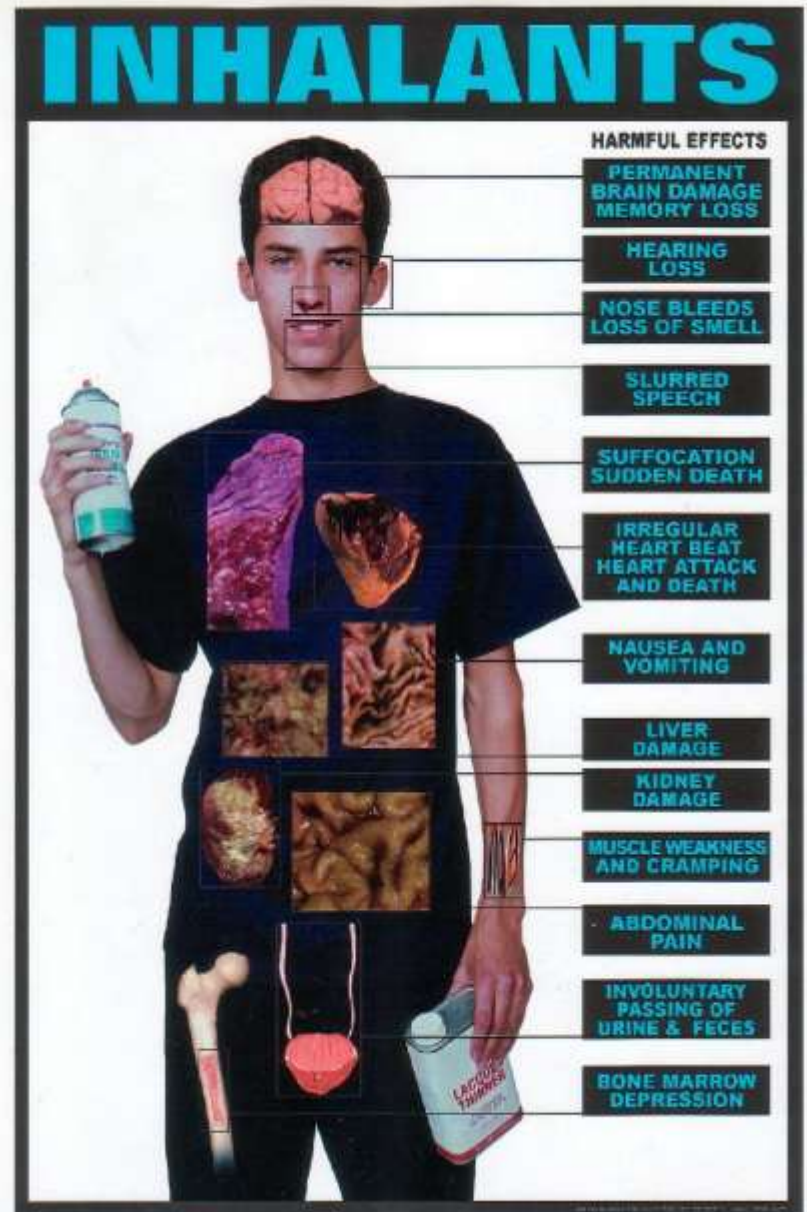
What are Inhalants?

- Classified: Anesthetic; Intoxicant; Dissociative
- Inhalants are either chemicals in gaseous form or volatile solvents (liquids) that becomes gas at the time of use, which are inhaled by people for their psychoactive effects



Inhalant issues

- Inhalants rank number 4 in popularity for use
- Inhalants cause the most body damage when compared to all the other drugs.
- Inhalants may kill the first time when used.
- There are over 1400 inhalant products that kids can use to get high.



Recreational Use of Prescription





Nonmedical use of prescription pain relievers rose 111 percent between 2004 and 2008, according to a new study by SAMHSA & CDC

Oxycodone, hydrocodone, and methadone were the three most-abused drugs, rising 152 percent, 123 percent, and 73 percent, respectively, during the study timeframe.

More than 13,000 deaths involving opioids occur in the U.S. each year.

Pain Relievers

Prescribed for:

Treating moderate-to-severe pain, especially after surgery, dental procedures, or in treating chronic pain. Adolescents abuse narcotic pain relievers more than any other prescription medicine

- ❑ *Oxycodone Pain Relievers include: Percocet©, Percodan©, Tylox©, Oxycontin©*
- ❑ *Hydrocodone Pain Relievers include: Vicodin©, Lortab©, Lorcet©, generic hydrocodone*



Oxycontin©



Hydrocodone©

Stimulants

Prescribed for:

To increase or maintain alertness, to counteract fatigue, to counteract abnormal states that diminish alertness/consciousness (narcolepsy), to promote weight loss, as well as to enhance the ability to concentrate in people diagnosed with attentional disruptions. Occasionally, they are also used to treat depression.

*Ritalin©, Concerta© (methylphenidate),
Adderall© (mixed amphetamine salts),
Focalin©(dexmethylphenidate),
Dexedrine© (dextroamphetamine), Meridia
© (sibutramine)*



Tranquilizers/Sedative Hypnotics

Prescribed for:

Relaxation, calmness,
and relief from anxiety
and tension.



*Valium© (Diazepam), Xanax©
(alprazolam),
Klonopin©(clonazepam),
Ativan© (Lorezapam),
Librium© (Chlordiazepoxide),
Rohypnol© (flunitrazepam),
Restilin©(temazepam)*



Medications that can be used recreationally to get high should:

- ❑ Be locked up in a secure container to which only the adults have access
- ❑ Inventoried on a regular basis
- ❑ Expired/unused prescription and OTC drugs should be purged according to the Federal Guidelines
- ❑ Adolescents and young adults should be educated that prescription and OTC drugs are not “safer” to use at recreational levels and can have a devastating impact on their lives





Tarrant County
CHALLENGE INC.

For Additional Information, visit

www.tcchallenge.org

john@tcchallenge.org

Or Call: 817-336-6617



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tcchallenge