



# What are they using now?

Current drug trends among youth

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# How Do Drugs Affect Our Brain?

Lets go back to health class for a minute



# Amphetamines

Speed up the central nervous system:

Increased heart rate

Increased blood pressure

Increased respiration

Increased Autonomic system



# Amphetamines:

Adderall

Dexedrine

Ritalin

Strattera

Caffeine

Ephedrine

Concerta

Vyvance

Focalin

Cocaine

Methamphetamine

Desoxyn



# Amphetamines used to treat:

ADHD

Narcolepsy

Weight Loss



# Depressants:

- Decreased heart rate
- Decreased respiration
- Decreased blood pressure
- Slows Autonomic systems



# Depressants:

## **Benzodiazepine's**

Valium

Xanax

Halcion

## **Opiates**

Oxycodone

Vicodin

Codeine

Hydrocodone

Promethazine


Alcohol

Heroin

Opium

Morphine

Fentanyl

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- Benzodiazapines treat:
    - Anxiety
    - Sleep issues



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- Opiates Treat:
    - Pain



# Hallucinogens

- ▶ May have a stimulant or depressant effect
- ▶ Alters bodies 5 senses
- ▶ Interferes with internal clock




# Hallucinagens:

- MDMA (Ecstasy)
- LSD- 25 (acid)
- Marijuana
- DXM



# MDMA

- Originally used in the 1970s by Psychiatrists, gained popularity among psychotherapists who called it “penicillin for the soul, and gave it to their patients before doing therapy. In the mid 1980s it gained some street use and was outlawed in the U.S. Chemically it is similar to stimulants and hallucinogens producing feelings of increased energy, pleasure, emotion warmth, and distorted sensory and time perception. These highs are followed by a week of irritability, depression and lethargy. Higher doses effect the bodies ability to regulate temperature causing kidney or liver failure, heart failure and even death.
- Added risk of and adulterated pill or capsule.
- NIDA statistics report that 13.1% of 18-25 year olds use it occasionally.



# LSD-25

- Developed in 1938, popularized in the 1960s by Timothy Leary, who encouraged people to tune in, turn up, and drop out. LSD is a powerful Hallucinogen that will cause active auditory, visual, and / or tactile hallucinations.
- Growing resurgence of LSD in affluent communities whose young have greater expendable income.
- Commonly adulterated with other cheaper hallucinogens. Often street drugs sold as LSD have no LSD in them.



# Marijuana 101

- Increased heart rate
- Increased blood pressure
- Vasodilation
- Alters all senses for several hours, alters memory for extended time.
- Long term effects of use is known to be short term memory loss, depression and lethargy.
- There is now a study saying that long term usage causes significant drop in IQ over time for users who began in adolescents.



# This is not your average weed!

- There has been a gradual increase in THC since the 1970s. Between the Mid 1990s until today, the potency has more than doubled in marijuana.
- Hash oil, and extract products can have up to 80% THC content!
- Edibles and extracts have become available on the black market in St. Louis. Currently more popular with college students and Millennials, it is trickling down to teens due to availability, and easier storage and usage.
- Local dealers are now attempting to make extracts with oils
- Marijuana is grown for the black market with no controls for safety.



# Dextromethorphan (DXM)

- ▶ DXM is used as a cough suppressant in a number of elixirs sold over the counter. Robitussin, Delsum, Nyquil, and Coricidan all contain DXM.
- ▶ DXM became significantly more popular in the late 1990s as a cheaper version of a codeine based drink popular in Houston with local rappers. Since that time DXM usage increased significantly spreading from southern states to the Midwest.
- ▶ Overdose causes liver and kidney failure and death, typically due to the mix of medications in these cold elixirs.





# Research Chemicals

- ▶ Chemicals synthesized that are designed to be similar to common drugs like Marijuana, Benzodiazepines, and Amphetamines.
- ▶ The explosion of “legal highs” is fueled by skirting the law, and selling these chemicals to a retail market, with the caveat of “not for human consumption” and “for research purposes only”.
- ▶ These chemicals have no testing, no safety requirements or mechanisms to track distribution. Many of the chemicals come from foreign companies primarily in China.
- ▶ In 2010 there was 11,406 ER visits were associated with research chemicals. In the first 6 months of 2013 there were 17,241 reports.

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- ▶ Thanks for your attention. Enjoy the rest of the conference.