



*Straight talk about Meth, Marijuana, prescription Meds
and other substances commonly abused or misrepresented*

A Drug Resource Guide

**Quick Facts On
Methamphetamine, Ecstasy, Heroin & Marijuana**

On the Web: mfiles.org



Visit

MFILES.org

The NW HIDTA resource and educational tool allowing online users to make informed and accurate decisions when confronted with the issues surrounding illegal drugs.

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A number of national surveys are conducted yearly to determine if substance abuse is rising or declining among youth. The major studies include:

Monitoring the Future: A Continuing Study of American Youth

<http://monitoringthefuture.org>

An ongoing study of the behaviors, attitudes, and values of American secondary school students, college students, and young adults.

Each year, a total of some 50,000 8th, 10th, and 12th grade students are surveyed. Results are published every fall, reflecting data from the previous year. Each December, *Monitoring the Future* highlights the findings regarding alcohol, drug and tobacco use for the current year and presents them as part of a press conference in Washington, D.C. Press releases are distributed to the media and posted on their website. *Monitoring the Future* is funded by the National Institute on Drug Abuse (NIDA).

Youth Risk Behavior Surveillance – United States

Centers for Disease Control and Prevention

<http://www.cdc.gov/HealthyYouth/yrbs/>

The Youth Risk Behavior Surveillance System (YRBSS) monitors six types of health-risk behaviors that contribute to the leading causes of death and disability among youth and adults, including alcohol and other drug use. In 2011 the YRBSS found that 39.9 percent of high school students (grades 9 to 12) had tried marijuana at least once in their life; that 70.8 percent had had at least one drink of alcohol; that 24.1 percent had ridden with a drinking driver; that 3.8 percent had tried meth and that 8.2 percent had tried ecstasy.

National Survey on Drug Use & Health

<http://www.oas.samhsa.gov/nsduh.htm>

This annual survey is conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA). The survey is based on a nationally representative sample of the civilian, non-institutionalized population of the United States – ages 12 and older. Since 1971 the survey has been the primary source of estimates of the prevalence and incidence of illicit alcohol, drug, and tobacco use in the population. Annual survey results are released in August for the previous year.

KIDS COUNT

(410) 547-6600

<http://www.aecf.org>

A project of the Annie E. Casey Foundation, this is a national and state-by-state effort to track the status of children in the United States. All Kids Count data is available from a database, which can be customized to generate graphs, maps, ranked lists, and state-by-state profiles.

National Center on Addiction and Substance Abuse at Columbia University (CASA)

(212) 841-5200

<http://www.casacolumbia.org>

CASA brings together all the professional disciplines needed to study and combat abuse of all substances – alcohol and nicotine as well as illegal, prescription and performance enhancing drugs – in all sectors of society.

Washington State Healthy Youth Survey

<http://www.askhys.net>

The Washington State Healthy Youth Survey (HYS) is a statewide survey of youth in grades 6, 8, 10 and 12 in public schools. It is administered every two years. The HYS is conducted by the Department of Health, the Office of the Superintendent of Public Instruction, the Department of Social and Health Service's Division of Behavioral Health and Recovery, the Family Policy Council, the Department of Commerce, local schools, public health agencies and other community partners.

University of Washington Alcohol and Drug Abuse Institute

<http://adai.uw.edu/wastate/>

Current data and resources about alcohol, tobacco, and other drug use in Washington State and its 39 counties.

Substance Abuse Research Reports

<http://www1.dshs.wa.gov/dasa/services/research/reports.shtml>

Several reports published by the DSHS Division of Behavioral Health and Recovery are available online at: <http://www.dshs.wa.gov/dbhr/dareports.shtml>

What is Methamphetamine (Meth)?

Meth is a powerful synthetic stimulant drug with long-lasting physical and psychological effects. It has a high potential for abuse and dependence.

What does it look like?

Meth is sold as pills, capsules, powder or chunks. The can be white, yellow, brown or even green.



Street Names

Street names for methamphetamine frequently change and vary by region. Common names are meth, speed, crank, chalk, zip and yaba, and in the crystallized form crystal, ice and glass.

Meth Quotes

“Long-term methamphetamine abuse can cause addiction, anxiety, insomnia, mood disturbances, and violent behavior. Additionally, psychotic symptoms such as paranoia, hallucinations, and delusions (such as the sensation of bugs crawling under the user’s skin) can occur. The psychotic symptoms can last for months or years after methamphetamine use has ceased” – *Office of National Drug Control Policy, 2008*

“... methamphetamine seems to be taking a unique, and horrific, toll inside its users’ mouths. In short stretches of time, sometimes just months, a perfectly healthy set of teeth can turn a grayish-brown, twist and begin to fall out, and take on a peculiar texture less like that of hard enamel and more like that of a piece of fruit.”

- *Monica Davey, “Grisly Effect of One Drug: ‘Meth Mouth’” The New York Times June 11, 2005*

METH - QUICK FACTS (CONTINUED)

If you think you may have discovered a lab, or you have questions, call the anonymous HIDTA Meth Hotline, the Washington Department of Ecology office in your area, or report online.

Meth Hotline: 1 (888) 609-6384

Online: http://www.usdoj.gov/dea/submit_tip_form.htm

Washington State Dept. of Ecology

To report a meth dump site or to ask for assistance call your regional office:

Bellevue (425) 649-7000

Olympia (360) 407-6300

Yakima (509) 575-2490

Spokane (509) 329-3400

Why is meth so dangerous?

- Meth labs can be dangerous because a variety of potentially explosive chemicals are used by “cookers” who are often under the influence of the drug. (Fires and explosions are commonplace.)
- Meth produces at least five times the amount of the finished product in toxic wastes, and is routinely dumped into the environment.
- With over six months of use, 94 percent of those who smoke meth will become addicted.
- Children are often present at meth lab sites.
- Meth use often leads to paranoia and violent behavior. A user is most dangerous when they take more and more meth to avoid crashing. At this point taking more meth doesn't stop the crash and it is not uncommon for the abuser to become violent.

How to recognize a meth lab

- Chemical smells like ammonia or acetone
- Heavy traffic during late night hours
- Covered windows and reinforced doors
- Inhabitants smoking outside the building – (concern about fumes)
- Discarded containers, empty ephedrine bottles, stained coffee filters, lithium batteries, discarded propane tanks

Meth Labs

Approximately 30 to 40 percent of the supply is made in hidden labs usually in rural areas, but it can be made anywhere, even in the back of a car. ***Never use a discarded propane tank - they are often used to store anhydrous ammonia.***

Staying safe *(dealing with someone on meth)*

If you encounter a highly agitated person on meth, they are likely to be hallucinating and very paranoid. Consider these safety tips:

- If possible, keep your distance (coming close can be perceived as a threat).
- Slow your speech and movements. Use a lower voice (abusers already hear sound as high-pitched and fast).
- Keep your hands visible (if your hands are hidden, abuser can imagine danger).
- Avoid bright lights.
- If possible, keep the person talking. (When an abuser is silent, their paranoid thoughts can more easily take over).

National Resources

Office of National Drug Control Policy (ONDCP)

Toll free: 1(800) 666-3332 (Clearinghouse)

<http://www.whitehousedrugpolicy.gov/drugfact/methamphetamine/>

Methamphetamine Overview and Resource Links

Substance Abuse and Mental Health Administration (SAMSHA)

Publications Ordering

<http://store.samhsa.gov/home>

NIDA for Teens - The Science Behind Drug Abuse

Facts, games, and resources brought to you by the scientists at the National Institute on Drug Abuse (NIDA).

<http://teens.drugabuse.gov/>

Mind Over Matter – The Brain’s Response to Meth (designed for grades 5-9)

http://teens.drugabuse.gov/mom/mom_meth1.php

U.S. Dept. of Justice

<http://www.usdoj.gov/methawareness/>

Meth 101, resources, anti-meth campaign

KCI - The Anti-Meth Site

An interactive and informative Web site with anti-meth resources, a chat room and message board.

<http://www.kci.org/>

National Resources (continued)

Center for Substance Abuse Prevention (CSAP)

Toll free: 1 (800) 729-6686

<http://ncadi.samhsa.gov/govpubs/ms704b/>

Methamphetamines: A Guide for Parents and Other Caregivers

(Lists over 45 prevention booklets, brochures, videos and reports on meth).

MethResources.Gov

A comprehensive Web site covering enforcement, treatment, education, policy and more. Sponsored by the White House Office of Drug Control Policy, the Department of Justice and the Department of Health and Human Services.

<http://methresources.gov>

National Meth Center

Resources to parents, teachers, law enforcement and treatment professionals or neighborhood activists hoping to mobilize against meth.

<http://nationalmethcenter.org/>

DEA

www.justthinktwice.com

Washington State Resources

Office of Lt. Governor Brad Owen and NW High Intensity Drug Trafficking Area

<http://mfiles.org>

Straight talk about meth, marijuana, prescription meds and other substances commonly abused or misrepresented.

Washington State Resources (continued)

Alcohol and Drug Abuse Institute (ADAI) Clearinghouse

Seattle: (206) 221-8325

<http://adaiclearinghouse.org/>

1107 NE. 45th St. Suite #120, Seattle, WA 98105

Walk-ins encouraged

- Life or Meth – What's it Cost? (pamphlet)
- Fast Track to Nowhere (pamphlet)
- Which teeth do you want-Meth Teeth or healthy teeth? (pamphlet)
- Life or Meth (Video)
- Methamphetamine Labs: Neighborhood Resource Guide and Methamphetamine: It's Everybody's Problem

Stop Overdose Deaths

<http://stopoverdose.org/>

Washington State Department of Health

Meth Lab Fact Sheet

<http://www.doh.wa.gov/ehp/cdl/methlab.htm>

National Meth Center

Washington

http://nationalmethcenter.org/STATES-WA_WSMI1.html

Washington State Attorney General

Operation: Allied Against Meth

<http://www.atg.wa.gov/AlliedAgainstMeth/default.aspx>

What is Ecstasy?

Ecstasy, or MDMA (3,4-methylenedioxyamphetamine), is a synthetic drug that combines the properties of mescaline, a hallucinogen, with methamphetamine, a type of speed. Since MDMA powder is often compressed into tablet form, it has the appearance of a legitimate and safe pill. Ecstasy is often the drug of choice at club and other all-night party scenes.

What effects does it have?

- Ecstasy stimulates the release of serotonin from brain neurons, producing a high that lasts from several minutes to an hour. The drug's effects vary with the individual, the dose and purity, and the environment in which it is taken.
- Ecstasy can produce stimulant effects such as an enhanced sense of pleasure, self-confidence and increased energy. The psychological effects can include confusion, depression, sleep problems, anxiety, and paranoia which sometimes last for weeks.

Common Street Names:

Ecstasy, Molly, XTC, X, Adam, Eve, Elephants, Clarity, Essence, Lover's Speed, E, Rolls, M, Herbal Bliss, Rib, Hug Drug, Shabu, Mercedes, Wafers, Igloo, Green Triangles, New Yorkers and The Love Drug.

More names can be found on the Drug Enforcement Agency web site:
<http://www.justthinktwice.com/>



ECSTASY - QUICK FACTS (CONTINUED)

Ecstasy and Youth

- Monitoring the Future biannually surveys drug use among students in the 8th, 10th and 12th grades. After leveling off in 2007 after a rebound in earlier years, use of ecstasy again increased significantly in the lower grades but then declined in 2011. Use among 12th graders increased in 2011, then declined in all three grades in 2012.
- From 2004 to 2011 study authors reported a “troubling drop” in perceived risk (first among 8th and 10th, and then among 12th graders), corresponding to the increase in use in the upper two grades and then in all three grades. “This suggests a generational forgetting of the dangers of ecstasy use ...” the study says.
- Northwest HIDTA reports that Washington state has no shortage of MDMA, reporting in 2009 that “MDMA is also a significant problem, although most seizures appear destined for other markets.”
- According to the Drug Abuse Warning Network (DAWN), the estimated number of hospital emergency department visits due to the use of MDMA in 2011 was 22,498. Of those visits, 10,170, or 45 percent, were from patients between 12 and 20 years old.

Ecstasy and MDMA Health Hazards

- Muscle tension, involuntary teeth-clenching, nausea, blurred vision, faintness, chills or sweating, and death
- Related deaths at raves have been reported. The stimulant effects combined with the hot, crowded conditions can lead to dehydration, hyperthermia, and heart or kidney failure (National Institute on Drug Abuse, NIDA Notes, Vol. 14 #4).

Alcohol and Drug Abuse Institute (ADAI) Clearinghouse

Seattle: (206) 221-8325

<http://adaiclearinghouse.org/>

1107 NE. 45th St. Suite #120, Seattle, WA 98105

Brochures and materials:

- Lynn's Story: Ecstasy "Oprah" Version (VHS video)
- Tips for Teens: Club Drugs

Informative Web Sites

- <http://www.clubdrugs.org>
- <http://www.drugabuse.gov/Infofacts/ecstasy.html>
- <http://www.drugabuse.gov/ResearchReports/MDMA/default.html>
- <http://www.usdoj.gov/dea/concern/mdma.html>
- <http://www.whitehousedrugpolicy.gov/drugfact/club/index.html>
- <http://www.drugfree.org/>

Video:

Public Broadcasting Station – "In the Mix – Club Drugs – Ecstasy"

http://www.pbs.org/inthemix/ecstasy_index.html

HEROIN - QUICK FACTS

What is Heroin?*

Heroin is a highly addictive drug and is the most widely abused and most rapidly acting of the opiates. Heroin is processed from morphine, a naturally occurring substance extracted from the seed pod of certain varieties of poppy plants. Pure heroin, which is a white powder with a bitter taste, is rarely sold on the streets. Most illicit heroin is a powder varying in color from white to dark brown.

Heroin can be injected, smoked, or sniffed/snorted. Injection is the most efficient way to administer low-purity heroin. The availability of high-purity heroin, however, and the fear of infection by sharing needles has made snorting and smoking the drug more common.

- After repeatedly using heroin for a period of time, the long-term effects of the substance begin to appear in the user. Chronic users may develop collapsed veins, infection of the heart lining and valves, abscesses, and liver disease. Additionally, pulmonary complications, including various types of pneumonia, may also result.
- One of the most significant effects of heroin use is addiction. With regular heroin use, tolerance to the drug develops. Once this happens, the abuser must use more heroin to achieve the same intensity or effect that they are seeking.
- Street heroin is often mixed with various substances, including sugar, starch, quinine, and sometimes, strychnine or other poisons, causing an added danger to using heroin.
- The Drug Abuse Warning Network (DAWN) estimates that heroin was involved in 258,482 hospital emergency room visits in 2011.



* Source: Office of National Drug Control Policy

Street Names

A-bomb, Big H, dragon rock, hell dust, nose drops and smack are all common terms for heroin or drugs mixed with heroin.

Alcohol and Drug Abuse Institute (ADAI) Clearinghouse

Seattle: (206) 221-8325

<http://adaiclearinghouse.org/>

1107 NE. 45th St. Suite #120, Seattle, WA 98105

Brochures and materials:

- Heroin (video tape VHS)
- Heroin – What's the Real Dope? (video tape VHS)

Tips for teens: Heroin

- Heroin Trends Across Washington State
<http://adai.uw.edu/pubs/infobriefs/ADAI-IB-2013-02.pdf>
- Opiate Use and Negative Consequences in Washington State
<http://adai.uw.edu/pubs/infobriefs/ADAI-IB-2011-03.pdf>

Informative Web sites

<http://www.whitehousedrugpolicy.gov/drugfact/heroin/>

<http://www.nida.nih.gov/infofacts/heroin.html>

<http://www.justice.gov/dea/concern/heroin.html>

http://www.drugfree.org/portal/drug_guide/heroin

<http://stopoverdose.org/>

Laced Marijuana?

Marijuana can be laced with substances such as PCP, formaldehyde, crack cocaine or codeine cough syrup without your knowledge (SAMHSA Health Information Network – Tips for Teens brochure)

Addiction

Marijuana was reported as a substance of abuse by approximately 740,800 treatment admissions in 2009; of these, 170,100 (23.0 percent) reported daily marijuana use at treatment entry.

(http://www.samhsa.gov/data/2k12/TEDS_SR_029_Marijuana_2012/TEDS_Short_Report_029_Marijuana_2012.htm)

Has Marijuana Become Stronger?

The marijuana used today is stronger than it used to be, but not as strong as has been written in some media reports (claiming marijuana is 30 times stronger today than during the 1970s). Depending on how analysis was conducted and the sample analyzed, marijuana strength has increased by two to seven times since the 1970s, measured by THC levels. Another difference between then and now is that marijuana users in the 1970s were most likely to smoke the leaves and initiate use around 20 years of age. Marijuana users today, however, start in their mid-teens and prefer to smoke the more potent flowering tops, (buds) of the plant. Research shows that young, regular (daily or near daily) users are most at risk for many of the adverse effects of marijuana, including mental health problems and dependence.

See more at: <http://learnaboutmarijuanawa.org/factsheets/potency.htm#sthash.8h97qs88.dpuf>

Street Names: Pot, Weed, Dope, Blunt, Chronic, Bud, Reefer, Joint, Herb, Hash, Mary Jane, Grass, Ganja, Skunk, Roach, Cannabis and 420.



Get the Facts

There is NO proof that smoking marijuana has any health benefits, yet plenty of evidence that it is harmful to both your body and brain, and also contributes to risky behaviors and adverse physical and social consequences. Not to mention that smoking any substance, whether it is tobacco or marijuana, increases your risk of developing cancer, pneumonia and other illnesses.

Center on Addiction and Substance Abuse (CASA)

(212) 841-5200

<http://www.casacolumbia.org/>

Non-Medical Marijuana: Rite of Passage or Russian Roulette?

Above The Influence

www.abovetheinfluence.com

Help for people with drug problems

Tips for Teens

<http://store.samhsa.gov/shin/content/PHD641/PHD641.pdf>

U.S. Department of Health and Human Services and Substance Abuse and the Mental Health Services Administration (SAMHSA) Clearinghouse for Alcohol and Drug Information. 1-800-729-6686

Tips for Teens: The Truth about Marijuana.

Get the facts. Know the risks. Learn the signs.

Office of National Drug Control Policy (ONDCP)

Toll free: 1(800) 666-3332 (Clearinghouse)

<http://www.whitehousedrugpolicy.gov/>

Marijuana facts

Parents. The Anti-Drug

<http://www.theantidrug.com>

Time and again, kids say their parents are the single most important influence when it comes to drugs.

University of Washington Alcohol & Drug Abuse Institute

A one-stop source of marijuana information in Washington

<http://www.LearnAboutMarijuanaWA.org>

Implementation of Initiative 692 – The Washington Medical Use of Marijuana Act
This paper describes the issues that resulted from the passage of I-692 and makes recommendations on needed changes.

Alcohol and Drug Abuse Institute (ADAI) Clearinghouse

Seattle: (206) 221-8325

<http://adaiclearinghouse.org/>

1107 NE. 45th St. Suite #120, Seattle, WA 98105

Brochure: Say it Straight – Marijuana Myth vs. Reality
Marijuana Legalization in Washington State
<http://adai.uw.edu/pubs/infobriefs/ADAI-IB-2012-04.pdf>

Washington State – Office of Lieutenant Governor Brad Owen

Web site: Marijuana/Methamphetamine and other substance abuse
information <http://mfiles.org>

Greater Spokane Substance Abuse Council

(509) 922-8383

<http://www.gssacpreventioncenter.com>

Drug Watch International

<http://www.drugwatch.org>

Teens in Prevention

<http://www.justice.gov/dea/resources/tip.html>

Drug Abuse Resistance Education (D.A.R.E.)

<http://www.dare.com/>

Washington Recovery Help Line

866-789-1511

<http://warecoveryhelpline.org/>

Teen Link

Seattle: 866.833.6546

<http://www.866teenlink.org/>

Stop Overdose

Opioid Overdose Deaths Can Be Prevented

<http://stopoverdose.org/>

PREVENTION RESOURCES

Office of National Drug Control Policy (ONDCP)

<http://www.whitehousedrugpolicy.gov/>

Community Anti-Drug Coalitions of America (CADCA)

Toll free: 1 (800) 54-CADCA or 1 (800) 542-2322

<http://cadca.org>

National Families in Action (NFIA)

(404) 248-9676

<http://nationalfamilies.org>

National Institute on Drug Abuse (NIDA)

(301) 443-1124

(240) 221-4007 (en español)

<http://www.nida.nih.gov>

Partnership for a Drug Free America

(212) 922-1560

<http://www.drugfree.org>

Safe Streets Campaign

(253) 272-6824

<http://www.safest.org>

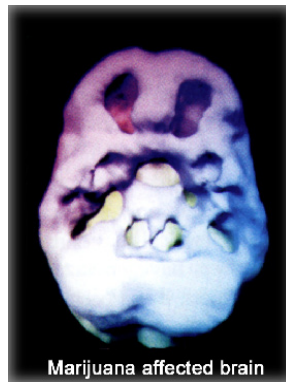
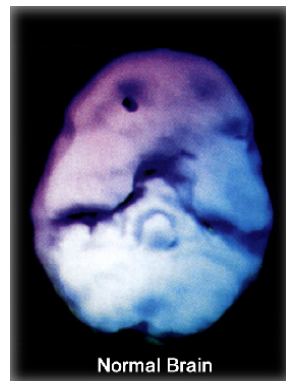
“Street Smart Prevention”

<http://www.justthinktwice.com/>



Brain Imaging

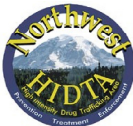
The images on the left show SPECT images (top-down surface view) depicting a normal brain and a brain affected by chronic marijuana use. The images on the right show the underside surface SPECT images where defects, or holes, appear in areas of decreased blood flow and brain activity. Defects of this type have been associated with attention problems, disorganization, procrastination and lack of motivation.



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and other substances commonly abused or misrepresented*

PRODUCED BY

NORTHWEST HIDTA



IN COOPERATION WITH THE

**WASHINGTON STATE OFFICE
OF LIEUTENANT GOVERNOR**

BRAD OWEN



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On the Web: mfiles.org