### NARCOTICS

<table>
<thead>
<tr>
<th>Drug</th>
<th>Dependence Physical/Psychological</th>
<th>How Used</th>
<th>Duration (hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opium</td>
<td>High/High</td>
<td>Oral, smoked</td>
<td>3-6</td>
</tr>
<tr>
<td>morphine</td>
<td>High/High</td>
<td>Oral, smoked, injected</td>
<td>3-6</td>
</tr>
<tr>
<td>Codeine</td>
<td>Mod./Mod. High/High</td>
<td>Oral, injected</td>
<td>3-6</td>
</tr>
<tr>
<td>Heroin</td>
<td>High/High</td>
<td>Smoked, injected, sniffed</td>
<td>3-6</td>
</tr>
<tr>
<td>Hydromorphone</td>
<td>High/High</td>
<td>Oral, injected</td>
<td>3-6</td>
</tr>
<tr>
<td>Meperidine</td>
<td>High/High</td>
<td>Oral, injected</td>
<td>3-6</td>
</tr>
<tr>
<td>Methadone</td>
<td>High/High</td>
<td>Oral, injected</td>
<td>12-24</td>
</tr>
</tbody>
</table>

**What are Narcotics?**
Drugs used medicinally to relieve pain High potential for abuse Cause relaxation with an immediate "rush" Initial unpleasant effects - restlessness, nausea

**Possible Effects**
Euphoria, Drowsiness, respiratory depression Constricted (pin-point) pupils

**Symptoms of Overdose**
Slow, shallow breathing, clammy skin Convulsions, coma, possible death

**Withdrawal Syndrome**
Watery eyes, runny nose, yawning, cramps Loss of appetite, irritability, nausea Tremors, panic, chills, sweating

**Indications of Possible Misuse**
Scars (tracks) caused by injections Constricted (pin-point) pupils Loss of appetite Sniffles, watery eyes, cough, nausea Lethargy, drowsiness, nodding Syringes, bent spoons, needles, etc.

### DEPRESSANTS

<table>
<thead>
<tr>
<th>Drug</th>
<th>Dependence Physical/Psychological</th>
<th>How used</th>
<th>Duration (hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbiturates</td>
<td>High/mod.</td>
<td>Oral</td>
<td>1-16</td>
</tr>
<tr>
<td>Methaqualone</td>
<td>High/High</td>
<td>Oral</td>
<td>4-8</td>
</tr>
<tr>
<td>Tranquilizers</td>
<td>Low/Low</td>
<td>Oral</td>
<td>4-8</td>
</tr>
<tr>
<td>Chloral Hydrate</td>
<td>Mod./Mod.</td>
<td>Oral</td>
<td>5-8</td>
</tr>
<tr>
<td>Glutethimide</td>
<td>High/Mod.</td>
<td>Oral</td>
<td>4-8</td>
</tr>
</tbody>
</table>

**What are Depressants?**
Drugs used medicinally to relieve anxiety, irritability, tension High potential for abuse, development of tolerance Produce state of intoxication similar to that of alcohol Combined with alcohol, increase effects, multiply risks

**Possible Effects**
Sensory alteration, anxiety reduction, intoxication Small amounts cause calmness, relaxed muscles Larger amounts cause slurred speech, impaired judgment, loss of motor coordination Very large doses may cause respiratory depression, coma, death Newborn babies of abusers may show dependence, withdrawal symptoms, behavioral problems, birth defects

**Symptoms of Overdose**
Shallow respiration, clammy skin, dilated pupils Weak and rapid pulse, coma, death

**Withdrawal Syndrome**
Anxiety, insomnia, muscle tremors, loss of appetite Abrupt cessation or reduced high dose may cause convulsions, delirium, death

**Indications of Possible Misuse**
Behavior similar to alcohol intoxication (without odor of alcohol on breath) Staggering, stumbling, lack of coordination, slurred speech Falling asleep while at work, difficulty concentrating Dilated pupils
### STIMULANTS

<table>
<thead>
<tr>
<th>Drug</th>
<th>Dependence</th>
<th>How used</th>
<th>Duration (hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cocaine*</td>
<td>Possible/High</td>
<td>Sniffed, smoked, injected</td>
<td>1-2</td>
</tr>
<tr>
<td>Amphetamines</td>
<td>Possible/High</td>
<td>Oral, injected</td>
<td>2-4</td>
</tr>
<tr>
<td>Methamphetamine</td>
<td>Possible/High</td>
<td>Oral, injected</td>
<td>2-4</td>
</tr>
<tr>
<td>Phenmetrazine</td>
<td>Possible/High</td>
<td>Oral, injected</td>
<td>2-4</td>
</tr>
<tr>
<td>Methylphenidate</td>
<td>Possible/Mod.</td>
<td>Oral, injected</td>
<td>2-4</td>
</tr>
<tr>
<td>Other Stimulants</td>
<td>Possible/High</td>
<td>Oral, injected</td>
<td>2-4</td>
</tr>
<tr>
<td>Ice</td>
<td>High/High</td>
<td>Smoked, oral, injec., inhaled</td>
<td>4-14</td>
</tr>
</tbody>
</table>

**What are Stimulants?**

Drugs used to increase alertness, relieve fatigue, feel stronger and more decisive; used for euphoric effects or to counteract the "down" feeling of tranquilizers or alcohol.

**Possible Effects**

- Increased heart and respiratory rates, elevated blood pressure, dilated pupils and decreased appetite; high doses may cause rapid or irregular heartbeat, loss of coordination, collapse; may cause perspiration, blurred vision, dizziness, a feeling of restlessness, anxiety, delusions.

**Symptoms of Overdose**

- Agitation, increase in body temperature, hallucinations, convulsions, possible death.

**Withdrawal Syndrome**

- Apathy, long periods of sleep, imитability, depression, disorientation.

**Indications of Possible Misuse**

- Indications of Possible Excessive activity, talkativeness, irritability, argumentativeness. Misuse or nervousness. Increased blood pressure or pulse rate, dilated pupils. Long periods without sleeping or eating.

*Cocaine, while classified under the Controlled Substances Act (CSA) as a narcotic, is also discussed as a stimulant.

*HALLUCINOGENS*

<table>
<thead>
<tr>
<th>Drug</th>
<th>Dependence</th>
<th>How used</th>
<th>Duration (hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>PCP, Angel Dust</td>
<td>Unknown/High</td>
<td>Smoked, oral</td>
<td>Up to days injected</td>
</tr>
<tr>
<td>Loveboat</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LSD, Acid, Green/Red Dragon</td>
<td>None/Unknown</td>
<td>Oral</td>
<td>8-12 hrs.</td>
</tr>
<tr>
<td>Mescaline, Peyote</td>
<td>None/Unknown</td>
<td>Oral, injected</td>
<td>8-12 hrs.</td>
</tr>
<tr>
<td>Psilocybin</td>
<td>None/Unknown</td>
<td>Oral, injected smoked</td>
<td>Variable</td>
</tr>
</tbody>
</table>
What are Hallucinogens?

Drugs that produce behavioral changes that are often multiple and dramatic. No known medical use, but some block sensation to pain and may result in self-inflicted injuries. "Designer Drugs", made to imitate certain illegal drugs, are often many times stronger than drugs they imitate.

Possible Effects

Rapidly changing feelings, immediately and long after use. Chronic use may cause persistent problems, depression, violent behavior, anxiety, distorted perception of time. Large doses may cause convulsions, coma, heart/lung failure, ruptured blood vessels in the brain. May cause hallucinations, illusions, dizziness, confusion, suspicion, anxiety, loss of control. Delayed effects "flashbacks" may occur long after use. Designer drugs - one use may cause irreversible brain damage.

Symptoms of Overdose

Longer, more intense "trip" episodes, psychosis, coma, death.

Withdrawal Syndrome

No known withdrawal syndrome.

Indications of Possible Misuse

Extreme changes in behavior and mood; person may sit or recline in a trance-like state; person may appear fearful. Chills, irregular breathing, sweating, trembling hands. Changes in sense of light, hearing, touch, smell, and time. Increase in blood pressure, heart rate and blood sugar.

CANNABIS

<table>
<thead>
<tr>
<th>Drug</th>
<th>Dependence</th>
<th>How used</th>
<th>Duration (hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marijuana</td>
<td>Unknown/Moderate</td>
<td>Smoked, oral pot, grass</td>
<td>2-4</td>
</tr>
<tr>
<td>Tetrahydro-</td>
<td>Unknown/Moderate</td>
<td>Smoked, oral</td>
<td>2-4</td>
</tr>
<tr>
<td>cannabinol</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hashish</td>
<td>Unknown/Moderate</td>
<td>Smoked, oral</td>
<td>2-4</td>
</tr>
<tr>
<td>Hashish Oil</td>
<td>Unknown/Moderate</td>
<td>Smoked, oral</td>
<td>2-4</td>
</tr>
</tbody>
</table>

What are Cannabis?

Hemp plant from which marijuana and hashish are produced. Hashish consists of resinous secretions of the cannabis plant. Marijuana is a tobacco-like substance.

Possible Effects

Possible Effects: Euphoria followed by relaxation; loss of appetite; impaired memory, concentration, knowledge retention; loss of coordination; more vivid sense of taste, sight, smell, hearing; stronger doses cause fluctuating emotions, fragmentary thoughts, disoriented behavior, psychosis; may cause irritation to lungs, respiratory system, may cause cancer.

Symptoms of Overdose

Fatigue, lack of coordination, paranoia, possible psychosis.

Withdrawal Syndrome

Insomnia, hyperactivity, sometimes decreased appetite.
### ALCOHOL

<table>
<thead>
<tr>
<th>Drug</th>
<th>Dependence</th>
<th>How used</th>
<th>Duration (hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ethyl Alcohol</td>
<td>Possible/Possible</td>
<td>Oral</td>
<td>1-4</td>
</tr>
<tr>
<td>Ethanol</td>
<td>Possible/Possible</td>
<td>Oral</td>
<td>1-4</td>
</tr>
</tbody>
</table>

**What is Alcohol?**

Liquid distilled product of fermented fruits, grains and vegetables Used as solvent, antiseptic and sedative Moderate potential for abuse

**Possible Effects**

Intoxication Sensory alteration Anxiety reduction

**Symptoms of Overdose**

Staggering Odor of alcohol on breath Loss of coordination Slurred speech, dilated pupils Fetal alcohol syndrome (in babies) Nerve and liver damage

**Withdrawal Syndrome**

Sweating Tremors Altered perception Psychosis, fear, auditory hallucinations

**Indications of Possible Misuse**

Confusion, disorientation, loss of motor nerve control Misuse Convulsions, shock, shallow respiration Involuntary defecation, drowsiness Respiratory depression and possible death

### STEROIDS

<table>
<thead>
<tr>
<th>Drug</th>
<th>Dependence</th>
<th>How used</th>
<th>Duration (hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dianabol</td>
<td>Possible/Possible</td>
<td>Oral</td>
<td>days- wks</td>
</tr>
<tr>
<td>Nandrolone</td>
<td>Possible/Possible</td>
<td>Oral</td>
<td>days - wks</td>
</tr>
</tbody>
</table>

**What are steroids?**

Synthetic compounds available legally and illegally Drugs that are closely related to the male sex hormone, testosterone Moderate potential for abuse, particularly among young males

**Possible Effects**

Increase in body weight Increase in muscle strength Enhance athletic performance Increase physical endurance

**Symptoms of Overdose**

Quick weight and muscle gains Extremely aggressive behavior or "Reid rage" Severe skin rashes Impotence, withered testicles In females, development of irreversible masculine traits

**Withdrawal Syndrome**

Significant weight loss Depression Behavioral changes Trembling

**Indications of Possible Misuse**

Increased combativeness and aggressiveness Jaundice Purple or red spots on body; unexplained darkness of skin Persistent unpleasant breath odor Swelling of feet or lower legs
### Drug Categories for Substances of Abuse

To assist you in locating substances in this document, the following cross reference by category is provided.

<table>
<thead>
<tr>
<th>Narcotics</th>
<th>Stimulants</th>
<th>Hallucinogens</th>
<th>Depressants</th>
<th>Cannabis</th>
<th>Alcohol</th>
<th>Steroids</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alfentanil</td>
<td>Amphetamine</td>
<td>Bufotenine</td>
<td>Amobarbital</td>
<td>Lorazepam</td>
<td>Ethyl Alcohol</td>
<td>Dianabol</td>
</tr>
<tr>
<td>Cocaine*</td>
<td>Benzedrine</td>
<td>LSD</td>
<td>Benzodiazepine</td>
<td>Marijuana</td>
<td>Dianabol</td>
<td>Nandrolone</td>
</tr>
<tr>
<td>Codeine</td>
<td>Benzphetamine</td>
<td>MDA</td>
<td>Chloral Hydrate</td>
<td>Tetrahydrocannabinol</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crack Cocaine*</td>
<td>Butyl Nitrite</td>
<td>MDEA</td>
<td>Chlordiazepoxide</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fentanyl</td>
<td>Dextroamphetamine</td>
<td>MDMA</td>
<td>Diazepam</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heroin</td>
<td>Methamphetamine</td>
<td>MDEA</td>
<td>Glutethimide</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hydromorphone</td>
<td>Methylphenidate</td>
<td>MDEA</td>
<td>Meprobamate</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ice</td>
<td>Phenmetrazine</td>
<td>MMDA</td>
<td>Methaqualone</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meperidine</td>
<td></td>
<td>Phencyclidine</td>
<td>Nitrous Oxide</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Methadone</td>
<td></td>
<td>Psilocybin</td>
<td>Pentobarbital</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Morphine</td>
<td></td>
<td></td>
<td>Phenobarbital</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nalorphine</td>
<td></td>
<td></td>
<td>Secobarbital</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Opium</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oxycodone</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Propoxyphene</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Cocaine, while classified under the Controlled Substances Act (CSA) as a narcotic, is also discussed as a stimulant

### Substances of Abuse - Brief Profiles

In this segment of the training, information is presented as Brief Profiles for eight substances of abuse. The information in these profiles may help you as you proceed through the Interactive Group Discussions. They will tell you some of the actions and side effects of the drugs that were chosen for the scenarios. Keep in mind that the information presented in the Brief Profiles does not represent all of the hazards of these drugs. Nor have we presented all the drugs that may be used and abused in the workplace. Rather, the Brief Profiles are intended to be thought provoking and enlightening.
ALCOHOL

Also known as:
Booze, Juice, Brew, Vino, Sauce

You probably know why alcohol is abused –

• Relaxation
• Sociability
• Cheap High

But did you know that -

• Alcohol is a depressant that decreases the response of the central nervous system.
• Excessive drinking can cause liver damage and psychotic behavior.
• As little as two beers or drinks can impair coordination and thinking.
• Alcohol is often used by substance abusers to enhance the effects of other drugs.
• Alcohol continues to be the most frequently abused substance among young adults.
MARIJUANA

Also known as:
Pot, Grass, Joints, Roaches, Reefer, Weed, Mary Jane

You probably know why marijuana is abused –

- Relaxation
- Euphoria

But did you know that –

- Marijuana may cause impaired short-term memory, a shortened attention span and delayed reflexes.
- During pregnancy, marijuana may cause birth defects.
- Marijuana may cause a fast heart rate and pulse.
- Repeated use of marijuana may cause breathing problems.
- Possession of marijuana is illegal in all fifty states.
- Marijuana may cause relaxed inhibitions, disoriented behavior.
INHALANTS

Some of the substances that are abused:
Butyl nitrite, Amyl nitrite, Gas in aerosol cans
Gasoline and Toluene vapors, Correction fluid, glue, marking pens

You probably know why inhalants are abused –

- Cheap High
- Quick buzz
- Fun

But did you know that inhalants may cause -

- Loss of muscle control
- Slurred speech
- Drowsiness or loss of consciousness
- Excessive secretions from the nose and watery eyes
- Brain damage and damage to lung cells
STEROIDS

Three types of steroids:
Anabolic (male hormone) - steroids most frequently abused
Cortical
Estrogenic (female hormone)

You probably know why steroids are abused

- Increase strength
- Increase muscle size
- Help muscles recover

But did you know that abuse of steroids may cause –

- Severe acne, rashes, stunted growth
- Sexual function problems
- Women to take on masculine traits, develop hairiness
- Behavioral changes, aggressiveness ("roid rages")
- Long-term effects, such as cholesterol increases, heart disease, liver tumors, cancer, cataracts and death
CRACK

Also known as
Crack, "Crack cocaine", Freebase rocks, Rock

You probably know why crack is abused –

- Quick high
- Power
- Euphoria

But did you know that –

- Crack is almost instantly addictive.
- One use could cause a fatal heart attack.
- Repeated use may cause insomnia, hallucinations, seizures, paranoia.
- The euphoric effects of crack last only a few minutes.
- Crack possession and use are illegal in all fifty states.
- There are more hospitalizations per year resulting from crack and cocaine use than any other illicit substance.
COCAINE

Also known as:
Coke, Dust, Snow, Flake, Blow, Girl

You probably know why cocaine is abused

- Carefree Feeling
- Euphoria
- Relaxation
- In control

But did you know that

- A cocaine "high" lasts only about 5 to 20 minutes.
- Cocaine use may cause severe "mood swings" and irritability.
- Cocaine increases your blood pressure and heart rate particularly dangerous if you have a heart condition.
- One use can cause death!
- Possession and use are illegal and can result in fines and arrest.
ICE

Also known as:
Meth, Crystal, Crank, Methamphetamine

You probably know why ice is abused –

- Temporary mood elevation
- Exhilaration (high)
- Increased mental alertness
- Upper-increase wakefulness

But did you know that –

- Ice is extremely addictive sometimes with just one use!
- Ice can cause convulsions, heart irregularities, high blood pressure, depression, restlessness, tremors, severe fatigue.
- An overdose can cause coma and death.
- When you stop using ice you may experience a deep depression.
- Ice causes a very jittery high, along with anxiety, insomnia, sometimes paranoia.
**HALUCINOGENS**

Some types of hallucinogens -
LSD (Acid, Red/Green Dragon), Ecstasy (designer drug), PCP (Angel Dust, Loveboat)
PCP & Cocaine (Beam me up Scottie), Mescaline, Psilocybin

---

**You probably know why hallucinogens are abused** –

- Fun
- Stimulation or depression
- Behavioral changes

---

**But did you know that** -

- One use of LSD or PCPP can cause multiple and dramatic behavioral changes.
- Large doses of hallucinogens may cause convulsions, ruptured blood vessels in the brain and irreversible brain damage.
- Many hallucinogens cause unpleasant and potentially dangerous "flashbacks," long after the drug was used.
- Most hallucinogens cause "hallucinations," i.e., changes in perception of time, smell, touch, etc.