

Drug Information Sheet

Alcohol - Downer

Other names: Booze, hooch

How used: Lizuid, beer, wine, hard liquor, found in some cough syrups

Effect / neurotransmitter: Depresses brain function

Associated psychiatric illnesses: Used to self-medicate anxiety, depression, and insomnia

Addiction potential: High - Psychological and physical dependence. Withdrawal can be life threatening by causing Delirium Tremens (10% die in this state). Withdrawal causes a hyperactive state (blood pressure, tension, sweating, insomnia, etc.)

Adverse Effects: Memory loss, confusion, disorientation, impulsivity, uncoordination (damages cerebellum), lethargy, coma, respiratory shutdown

Barbituates, Benzodiazepines - Downer

Other names: Downers, sleeping pills, anti-anxiety medications, goof balls, M&Ms, blue heavens

How used: Pills

Effect / neurotransmitter: Depresses and slows brain function, works on GABA neurotransmitters

Associated psychiatric illnesses: Used to self medicate anxiety, depression, and insomnia

Addiction potential: High - Psychological and physical dependence. Withdrawal can be life threatening by causing seizures

Adverse Effects: Memory loss, confusion, disorientation, impulsivity, uncoordination (damages cerebellum), lethary, coma, respiratory shutdown

Opiates - Downer

Other names: Heroin, methadone, oxycontin, vicodin, percodan, other pain killers, also called brown sugar, dope, H, horse, junk, smack.

How used: Pills, snorted, smoked, injected (iv or under skin called skin popping)

Effect / neurotransmitter: Pain relief, depresses brain function, works through opiate receptor sights and enhances endorphins. Lasts seconds when injected; minutes to hours when taken orally

Associated psychiatric illnesses: Used to self medicate pain, emotional pain, anxiety, depression, and insomnia

Addiction potential: High - Psychological and physical dependence. Withdrawal can be life threatening by causing Delerium Tremens (10% die in this state). Withdrawal causes a hyperactive state (blood pressure, tension, sweating, insomnia, etc.)

Adverse Effects: Memory loss, confusion, disorientation, impulsivity, uncoordination (damages cerebellum), lethargy, coma, respiratory shutdown, severe withdrawal symptoms, loss of appetite, death from overdose

Cocaine (Stimulant)

Other names: Crack, Big C, blow, coke, lady, nose, candy, rocks, snow, white, zip

How used: Ingested, snorted, smoked, injected

Effect / neurotransmitter: Potent CNS stimulant, lasts 15-30 minutes, works by releasing large amounts of dopamine

Associated psychiatric illnesses: ADHD, some types of depression, bipolar disorder

Addiction potential: High - Both psychological and physical

Adverse Effects: Agitation, argumentative behavior, irritability, nervousness, talkativeness, anxiety, delusions, paranoia, and restlessness. Overdose can be fatal.

Methamphetamine (Stimulant)

Other names: Speed, crank, chalk, crystal, meth, fire, ice

How used: Ingested, snorted, smoked, injected

Effect / neurotransmitter: CNS stimulant, lasts 1-12 hours, works by releasing dopamine

Associated psychiatric illnesses: ADHD, some types of depression, narcolepsy, cognitive impairment

Addiction potential: High - both physically and psychologically

Adverse Effects: Agitation, argumentative behavior, irritability, nervousness, talkativeness, anxiety, delusions, paranoia, and restlessness. Overdose can be fatal.

Inhalants

Other names: Air blast, huff, laughing gas, Oz, whippets, moon gas

How used: Aerosols, gases, and nitrates; inhaled. Examples include butane lighters, propane, gas, paint thinner

Effect / neurotransmitter: Active ingredients are volatile hydrocarbons, slows body function and numbs brain

Addiction potential: Moderate - Psychological dependence to escape reality

Adverse Effects: Cognitive impairment, neurological and brain damage, heart failure, sudden death, liver and kidney damage

Cannabinoids

Other names: Marijuana, pot, grass, weed, reefer, Mary Jane, skunk, boom, blunt, joint, doobie, dope

How used: Smoked, brewed in tea, mixed in food

Effect / neurotransmitter: Active ingredient is THC, lasts 1-3 hours, boosts GABA, euphoria, sleepiness, calming, sedative

Associated psychiatric illnesses: Used to self-medicate anxiety and depression

Addiction potential: Psychological dependence. Tolerance and withdrawal occurs.

Adverse Effects: Over 400 chemicals, similar effects on lungs as smoking, decreases brain activity and causes slowed reactions, lethargy, increases hunger, decreases motivation, red eyes, coordination, memory and learning. Elevated heart rate and blood pressure. Impairs immune system and increases risk of depression

Lysergic acid diethylamide (LSD) - Hallucinogen

Other names: Acid, barrels, blotters, blue heaven, California sunshine, cubes, domes, flats, frogs, lids, microdot, purple haze, sugar cubes, windowpanes

How used: Ingested

Effect / neurotransmitter: Boosts serotonin, an LSD trip lasts 6-18 hours

Addiction potential: Often produce vivid visual hallucinations characterized by brilliant colors, disruptions of time and space perception, and feelings of weightlessness.

Adverse Effects: Dilated pupils, hallucinations, illusions, mood swings, flashback, breaks from reality, emotional breakdown. Convulsions and hyperthermia also may occur. LSD may cause psychosis and sexual problems (eg, loss of libido) because of its high affinity for lipids in the brain and reproductive organs.

Mescaline and psilocybin - Hallucinogen

Other names: Buttons, cactus, magic mushrooms, mesc, TMA (a mixture of mescaline, LSD, and marijuana)

How used: Ingested. Psilocybin is found in various species of mushrooms, and mescaline is one of the active agents present in the peyote cactus.

Effect / neurotransmitter: serotonin effects of psilocybin and mescaline mimic endogenous serotonin and can last 8 to 12 hours

Addiction potential: Often produce vivid visual hallucinations characterized by brilliant colors, disruptions of time and space perception, and feelings of weightlessness

Adverse Effects: Dilated pupils, hallucinations, illusions, mood swings, breaks from reality, emotional breakdown. Convulsions and hyperthermia also may occur. LSD may cause psychosis and sexual problems (eg, loss of libido) because of its high affinity for lipids in the brain and reproductive organs.

Phencyclidine (PCP) - Hallucinogen

Other names: Angel dust, clicker, crystal, dummy dust, hog, horse, killer, krystal joints, love, mint weed, PeaCe Pill, sherms, super grass, weed

How used: Ingested

Effect / neurotransmitter: N-methyl-d-aspartate - effects from smoking PCP last only 4 to 12 hours

Associated psychiatric illness: Extreme psychotic reactions may occur with the first use, and continual use may lead to persistent schizophrenia

Adverse Effects: Slurred speech, blurred vision, confusion, agitation, ataxia, aggression, anxiety, depression, impaired memory and perception, acute psychosis, convulsions, increased heart rate and blood pressure, death from accidents or overdose.

Ecstasy (Hallucinogen)

Other names: Methylated amphetamines (“designer drugs”)

MDMA, Adam, Eve, STP, X, lover’s speed, peace, club drug, often used at raves

How used: Ingested and snorted

Effect / neurotransmitter: Variation of mescaline and methamphetamine, boosts serotonin levels, produces euphoria, empathy for others, warmth and self- acceptance (love drug), effects may last 4-6 hours

Associated psychiatric illness: Depression

Addiction potential: High - both psychologically and physically

Adverse Effects: Produces nausea, users may overheat from exertion, often laced with toxic substances, depletes serotonin and may cause rebound depression, anxiety, aggression and suicide

Anabolic Steroids

Other names: anadrol, dianabol, winstol, deca-durabolin, equipoise, androsteindione, juice, roids

How used: Ingested, creams, injected

Effect / neurotransmitter: Anti-inflammatory, anabolic, muscle building effect

Associated psychiatric illness: Low self-esteem

Addiction potential: Psychological dependence to continue building muscle

Adverse Effects: Cancer, liver disease, shrunken testicles for males and male characteristics for females, infertility, acne, hair loss, aggression, immune disorders

GHB - Downer

Other names: Cherry meth, fantasy, liquid ecstasy, liquid E, bodily harm

How used: Ingested

Effect / neurotransmitter: CNS depressant, used in sexual assaults, very short acting,

Addiction potential: High - both physically and psychologically

Adverse Effects: Amnesia (why it is used in date rapes), agitation, confusion, delusion, hallucinations, paranoia, psychosis, breathing problems, dizziness, sleep walking, seizures and coma