



American College of Psychotherapy

Commonly Abused Substance Summary Sheets

“Natural Highs”.....	pages 2-4
Hallucinogens.....	page 5
Opioids, Pain Killers, and Muscle Relaxers.....	pages 6-11
Barbiturates.....	pages 11-12
Most Abused Anti-anxiety Medications.....	pages 12-13
Stimulants Being Abused.....	pages 14-15
Common Club Drugs.....	pages 16-17
Designer Drugs.....	pages 18-22

Natural Highs

Marijuana Summary Page

Street names: Ganja, weed, Mary Jane, doobie, bud, bhang, chronic

What it is: Leafy, wild growing plant, common in tropical and temperate areas. Leaves and flowering tops prominently contain the active chemical THC—Delta-9 tetrahydrocannabinol, a mild, hallucinogenic with calming, sedative effects.

Appearance: Usually brown or green leaves, resembling chopped oregano.

Who uses it and How? Young white adult males are primary users. It is usually smoked, but is sometimes added to food (or baked) and eaten.

Effects: It has mild stimulant properties at the start of intoxication and can cause giddiness and euphoria. It then has sedative and tranquility producing effects. The active ingredient, THC, changes the way in which sensory information gets into and is acted upon by the neurons in a region of the brain called the hippocampus. This induces perceptual and sensory changes, sometimes mild hallucinations.

The Bad News: Memory problems, reduced concentration, decrease in reaction time, panic attacks, paranoia, respiratory problems, disruption in menstrual cycle, decreased sperm count, possible damage to the DNA of the body's germ cells. Withdrawal effects for long term users. Because THC is fat soluble, it has a long half-life, and can stay in the body up to 4 weeks. For this reason, it shows up frequently in random drug screens.

Salvia Summary Page

Street names: Magic Mint, Diviner's Sage, Sally D

What it is: An entheogenic - or mildly hallucinogenic - plant used traditionally in Mazatec rituals to increase spiritual awareness and facilitate shamanic visions.

Appearance: Salvia is a plant in the sage family with large green leaves, hollow square stems, and purple and white flowers.

Who uses it and How? A variety of "alternative" groups have used Salvia in attempts to reach a higher spiritual plane. Salvia use has begun to show up in the ranks of more traditional substance users as an alternative to other kinds of chemical highs, and users in junior high school have been noted as a point of concern. Salvia was originally chewed by the Mazatec Indians, or the leaves were crushed to extrude the leaf juices. More commonly, non-native users will smoke dried leaves, usually with a water pipe, since the burning temperature for the leaves is quite high.

Effects: Effects appear to be as a mild hallucinogen, and subtle mood enhancer. Users have reported visions, enhanced mood, and a sense of spiritual connectedness, as well as a sensation of motion and alterations in time sense.

The Bad News: To date, not enough research has been directed towards understanding the risks of this drug. Anecdotal reports suggest a state of inebriation may be reached that poses physical risks to the user, based on an induced delirium and difficulties with balance.

K2 (Spice) Summary Page

Street names: Spice, herbal incense, Genie, Zohai

What it is: Any of several products containing synthetic cannabis compounds, the most common of which are HU-210, JWH-018 and JWH-073, similar in chemical structure to THC, the psychoactive

substance in marijuana, with similar psychoactive effects. The compound is reported to be 10 times stronger than THC in terms of psychoactive effects.

Appearance: K2 has typically been sold in packets of green herbs, where the psychoactive ingredient has been added to the herbs. It is often marketed and sold as “home incense,” although this is a cover for the real intent for its purchase.

Who uses it and how? K2 is used by people of all age groups who would otherwise use marijuana.

Teenagers have been common purchasers in states where it has not been outlawed, because it can be purchased in stores as a legal product with no age restrictions attached. K2 is mixed with herbs and smoked like marijuana.

Effects: Similar to marijuana: relaxation, sleepiness and reduced blood pressure at lower doses; hallucinations at higher doses.

The Bad News: Because of the strength of the compounds in terms of psychoactive effects, there have been reported instances of delusions and agitation. Additionally, K2 has been reported to cause increased heart rate, vomiting, and, in some cases, seizures. However, it is not known whether the synthetic cannabis compounds are causing these problems by themselves, or whether there additional compounds were added to the herbs to prepare the product for the marketplace.

Extra information: Although similar in chemical structure to THC, K2 has not historically been detectable in traditional drug screenings. Therefore it has represented a loophole for marijuana users who are subject to workplace drug screens. However, there has recently been a new drug screening made available that will detect the presence of K2. It is being marketed to parents who want to check their teenagers for K2 use.

Khat Summary Page

Street names: Abyssinian Tea, African salad, oat, kat, chat.

What it is: Naturally occurring plant in various countries in Africa, whose tops and leaves – stem and all – are chewed, releasing two alkaloid chemicals called **cathine** and **cathinone**, which serve as a mild and more powerful stimulant, respectively, similar to the active ingredient in amphetamines. A form of Khat called graba, which consists of Khat leaves dried in a particular way, may contain higher concentrations of cathinone than Khat leaves that have been dried out normally. There is also a synthetic form of the active ingredient in Khat, called **methcathinone**, which has been created, and which sells by the street name of “cat” or “Jeff”. It appeared in the Midwest part of the US in the 1990s.

Appearance: The Khat plant is a slow growing tree or shrub between 3 and 60 feet tall. Its leaves and tops contain the active chemicals that cause psychoactive effects, so these are what is harvested and bundled for sale when still green. Because the stronger active ingredient, cathinone, degrades and ultimately decomposes when the leaves dry within 48 hours, leaving the less powerful active ingredient, cathine, the leaves must be kept damp to be transported.

Who uses it and How? Khat has been chewed in various African countries for at least five hundred years, but it has migrated with various African peoples when they have moved to new and Western countries. The leaves and tops are chewed, like coca leaves, but dried plant material can be made into a paste and used for tea or to sprinkle on food. Most, but not all, users in the US are people who have emigrated from the parts of Africa and the Persian Gulf where it is part of everyday use. US cities with substantial populations of people from Somalia, Ethiopia and Yemen are most likely to have substantial Khat use present, including NYC, Boston, Washington, DC, Dallas, Los Angeles, Minneapolis and Kansas City, MO.

Effects: Effects appear to be as a mild stimulant, and subtle mood enhancer, akin to the chewing of coca leaves. The effects appear to last between 90 minutes and 3 hours.

The Bad News: Reports suggest that Khat can induce manic behaviors, hyperactivity, and hallucinations, as well as increased blood pressure and hyperthermia. According to the US Drug Enforcement Agency, there are reports of Khat induced psychosis. Khat is considered a substance that

Why Khat is included: While Khat is still largely confined to certain population groups in America, new products in pill form that contain Khat has begun to appear in Israel and it is surmised that this might also occur eventually in the US. In the UK, where Khat use is still legal, reports have surfaced of youth using Khat as a stimulant to help create increased alertness while studying. Additionally, Canadian drug enforcement officials are now seizing more tonnage of Khat than cocaine, heroin, Ecstasy, opium, meth and crack combined.

Hallucinogens

Psilocybin Mushrooms Summary Page

Street names: Shrooms, mushies, cubes, psilocybes

What it is: Naturally growing small brown or tan mushroom with active alkaloid, psilocybin. Mushrooms are of the psilocybe, panaeolus, and copelandia species.

Appearance: Easy to confuse with poisonous varieties, however, they bruise a blue color when handled

Who uses it and How? Young college age adults use it. Mushrooms are eaten.

Effects: Effects are prominent changes in perceptions, hallucinations, cycling emotions, confusion.

The Bad News: Larger doses can promote a panic attack or traumatic event/experience, or co-create a psychotic break.

LSD Summary Page

Street names: Acid, Blotter, doses, micro-dots, CID, L, tabs, LAD

What it is: D-lysergic acid diethylamide is a synthetic psychoactive (mind-altering) drug with hallucinogenic properties, extracted from a common mold.

Appearance: Small squares of paper called blotter (perforated sheets of paper decorated with artwork to which the LSD has been applied and allowed to dry). Other forms include pills, gelatin sheets or shapes, liquid, sugar cubes, and powder.

Who uses it and How? High school age and young adult white males are the primary users. It is ingested by licking or sucking on blotter, or swallowing pills, sugar cubes, etc..

Effects: LSD is similar in chemical structure to serotonin, and may work by stimulation of serotonin receptors in specific areas of the brain, the most likely of which is a region called the raphe nuclei. LSD distorts electrical messages, primarily those related to visual information. The specific mechanisms, however, have not been determined. Use causes marked perceptual, emotional, and psychological changes.

The Bad News: Completely unpredictable. Can cause serious trauma. Capable of co-creating a psychotic break. Can generate flashbacks over extended period of time. Users with history of mental instability most at risk for problems.

PCP Summary Page

Street names: Angel dust, Embalming Fluid, Killer Weed, Rocket Fuel, Supergrass

What it is: Developed as an intravenous anesthetic, with sedative, hallucinative effects. Use of PCP in humans was discontinued in 1965, because of negative effects.

Appearance: Color ranges from tan to brown, and consistency from powder to a gummy mass.

Who uses it and How? Mostly restricted to lower socioeconomic groups in large urban areas, such as L.A. and D.C. Most often applied to a leafy material, such as marijuana or tobacco, then smoked. Also comes in tablet, capsule, powder, and liquid form.

Effects: PCP works to slow down the effects from a chemical called Glutamate in the brain. At small doses, the effects of this are similar to a marijuana high, with euphoria, calming and hallucinogenic effects.

The Bad News: Memory loss, speech difficulties, and weight loss, as well as violent and/or psychotic episodes during use. Coma and death can follow from interaction effects with other types of depressants.

Opioids, Pain Killers, and Muscle Relaxers

Heroin Summary Page

Street names: Big H, Black tar, Brown sugar, Dope, Horse, Junk, Mud, Skag, Smack

What it is: Semi-synthetic opiate narcotic derived from the opium poppy and processed from morphine, a highly addictive, powerful and damaging drug.

Appearance: Most always in powder form, and recently has been found to be quite pure. Can be tarry and black.

Who uses it and How? An emerging number of young adults under 26 try and use it, and a surprising number of adults over 30 use it regularly. Purity has increased in recent years, so it can now be snorted. It is also melted into a liquid and injected.

Effects: Heroin excites the neurons that respond to our own endorphins - pleasure creating chemicals. It also stimulates dopamine containing neurons to fire and release their chemical into the pleasure center of the brain. It produces a deep relaxation, as well as a powerful sense of euphoria or well-being.

The Bad News: Very high overdose rate; in past 6 years emergency room visits for heroin up 2000%. Extremely addictive, with terrible withdrawal. Also leading cause of infectious diseases, including HIV/AIDS and Hepatitis B & C from infected needles.

OxyContin Summary Page

Street names: Killers, OC, OXY, Oxycotton

What it is: Oxycodone hydrochloride, a high-dose, 12-hour time release form of oxycodone, an opioid analgesic used for chronic pain.

Appearance: White tablets in four different milligram amounts: 10, 20, 40, & 80.

Who uses it and How? OxyContin users take off the sustained-release coating to get a rush of euphoria similar to heroin. Tablets are crushed for snorting, boiled for injection, or chewed. Primarily used by young adult white males.

Effects: Similar to other opioids, such as heroin. It produces a deep relaxation, sense of calm, and euphoria.

The Bad News: Constipation, nausea, dizziness, vomiting, headache, dry mouth, sweating, and weakness. Respiratory depression occurs, and, of course, can be fatal with high enough dose. Because it is an opioid, it can be very addictive. Additives can be very destructive to nasal tissues and veins when pills are snorted or injected.

Dextromethorphan Summary page

Street names: Syrup Use: Robo, Red devil, Dex Cold tablet use: CCC, Triple C, Skittles

What it is: Dextromethorphan is one of the active ingredients in over the counter cough syrups and cough tablets. It is an analogue of codeine, and therefore its effects are analogous with those found in the use of opium based substances.

Appearance: Dextromethorphan is not found in raw form, but is ingested in the form of over the counter cough syrup preparations such as Robitussin, or in cold tablets such as Coricidin Cough and Cold tablets.

Who uses it and How? Dextromethorphan is generally abused by teenagers or young adults seeking a narcotic experience through over the counter and widely available products.

Effects: Dextromethorphan, taken in high enough doses, produces a narcotic sense of relaxation and euphoria, with some sense of altered time.

The Bad News: At higher doses, paranoia, auditory and visual hallucinations can occur. Because Dextromethorphan is an opioid analogue, withdrawals symptoms can occur with sudden discontinuation of use after habituation has occurred. Additionally, because Dextromethorphan is taken in products with other medicinal chemicals also present, the higher doses of product needed to achieve psychoactive effects mean that higher doses of other medicinal substances are also ingested. Bromide toxicity from the presence of bromide in cough syrup is one potential risk, with mental status changes, slurred speech, psychosis, and ataxia potential risks. Bromide toxicity may require dialysis.

Most Abused Pain Medications / Opioids

Listed in Order of Those Most Frequently Diverted for Recreational Use

Vicodin, Lorcet

Chemical Name: Hydrocodone

Of Note: *Most commonly misused painkiller*

Other brand names: Lortab, Hycodan, Anexsia, Tussionex, Tussend

Street names: Vike, Watson387

of combination medications containing Hydrocodone: About 400

Percodan, Percoset, OxyContin

Chemical Name: Oxycodone

Of Note: *Second most commonly misused painkiller*

Other brand names: Dazidox, ETH-Oxydose, Endocodone, Oxy IR, Oxycontin, Oxyfast, Percolone, Roxicodone

Street names: Oxy, Cotton, Blue, 40, 80

of combination medications containing Oxycodone: About 40

Darvon, Darvocet

Chemical Name: Propoxyphene

Of Note: *Third most commonly misused painkiller*

Other brand names: PP-Cap

Street names: Pinks, Footballs, Pink footballs, Yellow footballs, N, 65s

of combination medications containing Propoxyphene: About 10

Dilauidid

Chemical Name: Hydromorphone

Of Note: *Fourth commonly misused painkiller*

Other brand names: Exalgo, Hydrostat, hydromorph contin,

Street names: Dust, Juice, Dillies, Smack, D, Drugstore heroin, Footballs

of combination medications containing Propoxyphene: 1

Other commonly misused painkillers

Buprenex, Temgesic

Chemical Name: Buprenorphine

Other brand names: Subutex, Suboxone

Street names: Bupe, Subs

Codeine

Chemical Name: 3-methylmorphine

Street names: T-Threes, School Boy, cough syrup

of combination medications containing Codeine: Over 130

Demorol

Chemical Name: Meperidine

Of Note: *An analog is available on the streets as a white powder that is inhaled or injected, called synthetic heroin, or MPTP or MPPP*

Other brand names: Mepergan

Street names: Demmies, Pethidine

Didrate

Chemical Name: Dihydrocodeine

Other brand names: Parzone

Street names: DFs, Diffs

Levo-Dromoran

Chemical Name: Levorphanol

Other brand names: Levorphanol tartrate

Street names: Dans, Dance, Ds

Methadose

Chemical Name: Methadone

Of Note: *Methadone is being increasingly diverted for street use*

Other brand names: Dolophine, Amidone

Street names: Fizzies, Amadone, Chocolate chip cookies

MS Contin

Chemical Name: Morphine

Of Note: *Methadone is being increasingly diverted for street use*

Other brand names: Oramorph, Duramorph, Roxanol, Kadian, Avinza, Kapanol

Street names: Duramorph, M, Miss Emma, Monkey, Roxanol, White stuff

Numorphan, Opana

Chemical Name: Oxymorphone

Other brand names: Opana ER

Street names: Blues, Biscuits, Blue heaven, New blues, Octagons, Pink, Pink lady, Pink heaven, Pink biscuits, Pink O, OM, Stop signs, Mrs. O, The O Bomb

Opium, Paregoric

Chemical Name: Opium

Other brand names: Camphorated Tincture of Opium

Street names: PG, PO, Big O, Aunti, Aunti Emma, Goric, Guma, Hop or Hops, Mira, Midnight oil, Pox, Skee, Toxy, Toys, Zero, Ope, O.P., Gondola, Gee, Dreams, Dream stick, Chinese tobacco, Black stuff, Poppy

Stadol

Chemical Name: Butorphanol Tartrate

Of Note: *Nasal spray application and veterinary tablets now being used as street drugs*

Other brand names: None, only available as generic or in tablets for veterinary purposes

Street names: Torbo

Sublimaze, Duregelsic

Chemical Name: Fentanyl

Of Note: *This medication is available in a lollipop, which on the street is called a percopop*

Other brand names: Actiq, Durogesic, Fentora, Onsolis, Instanyl, Abstral, Leptanal, Fentaz

Street names: Apache, China girl, China white, Dance fever, Friend, Goodfella, Jackpot, Murder 8, TNT, Tango and Cash.

Sufenta

Chemical Name: Sufentanil

Of Note: *Used intravenously only, but a patch is likely to be available soon*

Other brand names: None

Street names: None

Talwin

Chemical Name: Pentazocine

Of Note: *Poor euphoriant, very little street use by itself, but is used in combination with the anti-histamine, tripeleannamine, to produce a high*

Other brand names: Fortral, Fortwin, Talacen

Street names: Yellow footballs, Ts

Alfentanil (Alfenta) Administered by injection only, rarely used as street drug *Other similar, non-narcotic substances used as street drugs*

Numorphan, Ultram

Chemical Name: Tramadol

Of Note: *Non-narcotic painkiller*

Other brand names: Ryzolt, Rybix

Street names: Ultras

Most Abused Barbiturate and Sedative Medications

Seconal

Chemical Name: Secobarbitol

Street names: Reds, Red bullets, Red birds, Red devils, Lilly, F-40s, Pinks, Pink ladies, Seggy

Nembutal

Chemical Name: Pentobarbital

Street names: Nembies, Yellow jackets, Abbots, Mexican yellows

Amytal

Chemical Name: Amobarbital

Street names: Amys, Birds, Blue, Blues, Blue angels, Blue devils, Blue heaven, Blue heavens, Blue dolls, Blue birds, Blue bullets, Blue clouds

Luminal Sodium

Chemical Name: Phenobarbital

Other names: Solfoton

Street names: Purple hearts, Goof balls

Less Frequently Abused Barbiturates

Tuinal

Chemical Name: Secobarbital and amobarbital combination

Street names: Rainbows, Reds and blues, Tooies, Double trouble, Gorilla pills, F-66s

Butisol

Chemical Name: Butabarbital Sodium

Other brand names: Sarisol No. 2, Butalan, Busodium

Street names: Doors and fours, Load, Pancakes (all with combination w/ codeine)

Mebaral

Chemical Name: Mephobarbital

Street names: Barbs, Reds, Red birds, Phennies, Tooies, Yellows, Yellow jackets

Lotusate

Chemical Name: Talbutal

Street names: None known

Most Abused Sedative Sleep Medications

Ambien

Chemical Name: Zolpidem

Street names: Tic Tacs, A-minus, Zombie pills

Sonata

Chemical Name: Zaleplon

Other brand names: Starnoc

Street names: Zimmers, Zimmies, Zim-zims

Other barbiturate-like sedatives include

Doriden

Chemical Name: Glutethimide

Of Note: Doriden combined with codeine is known to be abused

Street names: Doors and fours, Load

Noludar

Chemical Name: Methyprylon

Of Note: *Infrequently prescribed*

Miltown

Chemical Name: Meprobamate

Of Note: *Infrequently prescribed*

Muscle Relaxers Being Abused

Soma

Chemical Name: Carisoprodol

Of Note: *Soma is a muscle relaxer that is currently being abused*

Other brand names: Parzone

Street names: Dans, Ds, Dance

Other muscle relaxers include:

Little evidence of widespread abuse noted in literature

Flexeril

Chemical Name: Cyclobenzaprine

Dantrium

Chemical Name: Dantrolene

Skelaxin

Chemical Name: Metaxalone

Lioresal

Chemical Name: Baclofen

Paraflex

Chemical Name: Chlorzoxazone

Robaxin

Chemical Name: Methocarbamol

Norflex

Chemical Name: Orphenadrine

Zanaflex

Chemical Name: Tizanidine

Most Abused Anti-anxiety medications (Benzodiazepines)

Listed in Order of Those Most Frequently Diverted for Recreational Use

Note: The generic street names for any Benzodiazepines are:

Tranks, Sleeping pills, Mother's little helper, Downers

Xanax

Chemical Name: Alprazolam

Of Note: Most commonly misused benzodiazepine

Other brand names: Alganax, Alzolam, Alprax, Alprox, Alzam, Anxirid, Apo-Alpraz, Calmax, Gerax Helex Kalma, Nervin, Niravam, Novo-Alprazol, Nu-Alpraz, Onax, Tafil, Texidep, Trika, Xanor, Zamhexal, Zopax, Zotran

Street names: Z-bars, White pills: Bars, Handlebars, White boys, Bicycle parts, White girls; Yellow pills: School bus, Yellow boys; Blue pills: Footballs, Zannies, Xan bars, Totem poles, Sticks, Dog bones, French fries.

Klonopin

Chemical Name: Clonazepam

Of Note: Second most commonly misused benzodiazepine

Other brand names: Ceberclon, Valpax, Rivotril, Zymanta, Kriadex, Kenoket, Clozer

Street names: Klonnies, Klons, Klondike bar, K-pins, K-cuts, Pins

Valium

Chemical Name: Diazepam

Of Note: Third most commonly misused benzodiazepine

Other brand names: Valrelease, Diastat

Street names: Vals, Vallies, Candy

Ativan

Chemical Name: Lorazepam

Of Note: Fourth most commonly misused benzodiazepine

Other brand names: Temesta, Almazine, Alzapam, Anxiedin, Anxira, Anzepam, Aplacasse, Aplacassee, Apo-Lorazepam, Aripax, Azurogen, Bonatranquan, Bonton, Control, Donix, Duralozam, Efasedan, Emotion, Emotival, Idalprem, Kalmalin, Larpose, Laubeel, Lopam, Lorabenz, Loram, Lorans, Lorapam, Lorat, Lorax, Lorazene, Lorazep, Lorazepam, Lorazin, Lorafen (PL), Lorazon, Lorenin, Loridem, Lorivan, Lorsedal, Lorzem, Lozepam, Merlit, Nervistopl, NIC, Novhepar, Novolorazem, Orfidal, Piralone, Placidia, Placinoral, Punktyl, Quait, Renaquil, Rocosgen, Securit, Sedarkey, Sedatival, Sedizepan, Sidenar, Silence, Sinestron, Somnium, Stapam, Tavor, Titus, Tolid, Tranqil, Tranqipam, Trapax, Trapaxm, Trapex, Upax, Wintin, and Wypax

Street names: None except for generic names for benzodiazepines

Librium

Chemical Name: Chlordiazepoxide

Of Note: First benzodiazepine developed

Other brand names: Novapam , Tropium, H-Tran, Libritabs, Mitran, Poxi

Other medications that contain: Librax, Apo-chlorax, Limbitrol, Clindex

Street names: Lib, Green and whites, Roaches, Tranqs

Other Common Benzodiazepine Anti-anxiety Medications

Centrax

Chemical Name: Prazepam

Other brand names: Valrelease, Diastat

Street names: None except for generic names for benzodiazepines

Dalmane

Chemical Name: Flurazepam

Other brand names: Dalmadorm

Street names: The forget-me-pill

Oxazepam generic

Chemical Name: Oxazepam

Other brand names: Serax was brand name, discontinued in US

Street names: None except for generic names for benzodiazepines

Restoril

Chemical Name: Temazepam

Other brand names: Temazepam Gelthix

Street names: Terms, Rugby balls,

Tranxene

Chemical Name: Clorazepate

Other brand names: None

Street names: None except for generic names for benzodiazepines

Azaspirone Anti-anxiety Medications

Buspar

Chemical Name: Buspirone

Other brand names: None

Of Note: *Does not seem to have abuse potential*

Stimulants Being Abused

Methamphetamine Summary Page

Street names: Meth, Chalk, Crank, Fire, Croak, Crypto, Crystal, Glass, Speed, White Cross

What it is: A highly addictive central nervous system stimulant.

Appearance: An odorless, white or off-white, bitter tasting powder, though it is also found in pills, capsules and larger crystals.

Who uses it and How? Highest rate of use was among the 26 or older age group, but use noted in both younger and older groups, as well. It is frequently snorted but is also used orally, smoked, and injected.

Effects: It decreases the user's ability to remove dopamine from the intercellular space of the brain, thereby amplifying the effects of the dopamine. It also pushes dopamine out of little sacs in the brain called vesicles, increasing the amount of dopamine in circulation. Use generally increases the heart rate, blood pressure, body temperature, and rate of breathing of the user, accompanied by a sense of well being and euphoria.

The Bad News: Significant mood disturbance, paranoia, auditory and visual hallucinations, extreme anxiety, confusion, insomnia, aggression, erratic behavior, and homicidal or suicidal thoughts/plans. High addiction rate, very unpleasant withdrawal.

Cocaine Summary Page

Street names: Coke, Dust, Nose Candy, Snowbirds; Crack, Rock (freebase)

What it is: A stimulant chemically derived from the processed leaves of the Coca plant.

Appearance: White powder, or white or off-white crystals

Who uses it and How? Adults 18 to 30. Powder form more likely to be used in higher socioeconomic groups; crack tends to be in lower socioeconomic areas, although it is very prevalent in higher socioeconomic groups, as well. Powder usually snorted, crack is almost always smoked.

Effects: Cocaine blocks the re-absorption of dopamine in the synaptic cleft, particularly in the pleasure center of the brain, causing dopamine to stay in the synaptic cleft and create a highly pleasurable state. It also causes a short-term increase in energy.

The Bad News: Agitation, anxiety, paranoia, nausea/vomiting, violent behavior, kidney failure, seizure, stroke, and heart attack. Can produce death on first usage (Sudden Cocaine Death Syndrome). Cocaine is a very psychologically addictive and is often extremely difficult to terminate use. Strangely, a small percentage of users experience no tendency towards addiction whatsoever.

Ritalin Summary Page

Street names: Kibbles and Bits, Pineapple, Vitamin R, The Smart Drug, Rids, Pineapple, Skippy, Jif, Rball, Poor man's cocaine, Coke junior

What it is: A mild amphetamine (methylphenidate) commonly prescribed for children and adults with significant focusing and attention management problems. Also prescribed for narcolepsy.

Appearance: Small, white tablet

Who uses it and How? Users crush the tablets and snort the powder, or dissolve it in water and "cook" it for injection. Adolescent and young adult use has been steadily increasing for the past few years. It is often sold in school by students to whom it has been prescribed for Attention Deficit Disorders.

Effects: Since it is a mild, central nervous system stimulant, the effect can be similar to very strong coffee at low dosages, but similar to cocaine when snorted or injected.

The Bad News: Even when taken according to the prescription directions, there is a risk of developing dependence and tolerance to the drug. Negative effects are similar to those of methamphetamine, including formication (sensation of bugs crawling under the skin).

Other Most Abused Stimulant Medications

Adderall

Chemical Name: Combined dextroamphetamine and amphetamine

Of Note: *The same chemical formulation is used in a weight control medication called Obetrol.*

Street names: A Train, Addies, A Candy, A.D., A-Bombs, Amps, Beans, Black beauties, Fatty Addy, Study buddies, Ralls, Poopy, Blue buddies, Blue Betties, Blue boy, Jollies, Smurfs, Rinky dink, Diet Coke, Davies Team Blue

Concerta

Chemical Name: Methylphenidate

Street names: Smart drug, Mind candy

Dexedrine

Chemical Name: Dextroamphetamine

Of Note: *The same chemical formulation is present in another medication called biphetamine.*

Street names: Dexies, Bennies, Black beauties, Crosses, Hearts, Truck drivers, LA turnaround

Desoxyn

Chemical Name: Methamphetamine

Of Note: *Desoxyn is kept in very limited use, and methamphetamines are now in the street scene mostly from foreign and domestic meth labs.*

Street names: Meth, speed

Other stimulant medications infrequently diverted

These medications are typically referred to on the street only by generic names for stimulants such as uppers or speed. Street names that exist are in parentheses.

Benzphetamines (For diet and weight loss)

Didrex

Inapetyl

Phendimetrazines (For diet and weight loss)

Plegine

Preludin (Prellies, Bam)

Prelu-2

Bontril

Melfiat

Statobex

Common Club Drugs of Abuse

Ketamine Summary Page

Street names: Special K, Breakfast cereal, Super K, Vitamin K

What it is: A sedative-hypnotic, central nervous system depressant with analgesic and hallucinogenic properties. Used primarily in veterinary practice.

Appearance: White powder, clear liquid.

Who uses it and How? Late teens and young adults, primarily Caucasian, snort or sprinkle the powder on cigarettes or cannabis, also injected or combined with ecstasy, cocaine. Produces distorted sense of time, person, inebriation, and hallucinations.

Effects: Ketamine causes consciousness, memory, perception, and motor activity to be dissociated from one another, producing a kind of altered state of consciousness. It works by blocking the activity of a chemical in the brain (NMDA) that integrates consciousness, memory, perception and motor activity.

The Bad News: Higher dosages produce paranoia, delirium, respiratory distress, amnesia, convulsions, coma. People who use this drug can become dissociated from reality, therefore engaging in risky behaviors. It also appears that it can cause brains cells to overheat and die, producing little holes in the brain called Olney's lesions.

Rohypnol Summary Page

Street names: Roofies, Ruffies, roach, rope, Roofenol, the forget pill, date rape drug

What it is: A very strong benzodiazepine manufactured by Laroche, about 10 times stronger than Valium.

Appearance: White tablet. The newest version of the pill causes liquids to change color when dissolved, so that it cannot be put into a drink without being detected.

Who uses it and How? Young adults in the club scene and rave scene usually swallow the pill.

Effects: It attaches to the receptor sites that receive the neurotransmitter GABA, and increases the amount of GABA that is taken up. GABA is a chemical that inhibits brain activity, so when more of it is taken up, it depresses the level of activity in the brain. This produces relaxation, relief from anxiety, grogginess, relaxation, mild amnesia.

The Bad News: Like Valium, Rohypnol is addictive. Tolerance and a need for increased amounts of the drug can happen relatively quickly. Withdrawal is unpleasant, with seizures. Other use problems are extreme confusion, blood pressure problems, nausea, complete memory loss.

Nitrous Oxide Summary Page

Street names: Hippy Crack, Nitrous, N2O, Laughing Gas

What it is: Naturally occurring analgesic gas commonly used in dentistry.

Appearance: Clear gas, held in a metal cannister. Sold on street in small cartridges called 'whippets' for making whipped cream; used for industrial purposes.

Who uses it and How? Most frequently used by white college age students. Nitrous oxide is commonly combined in balloons and mixed with air, or a mask is attached to the tank or canister. Causes euphoria, mild sedation, dissociation, lack of motor control.

Effects: Blocks neurotransmitters in the brain, causing anesthetic effects, loss of sensation, relaxation.

The Bad News: Addictive potential, Vitamin B-12 depletion, frostbite, suffocation, brain damage.

GHB Summary Page

Street names: Liquid 'E', Grievous Bodily Harm, Georgia Home Boy

What it is: Gamma-hydroxybutyric acid or GHB, a central nervous system depressant, initially used by body builders to stimulate muscle growth. Used in combination with other club drugs such as Ecstasy. The "Number 2" date rape drug; Number 1 is alcohol.

Appearance: White powder, clear, salty tasting liquid, or in capsules.

Who uses it and How? Young adults are primary users, adding it to drinks, but concentrations difficult to standardize. Reasonably easy to make, there are many home laboratories that make it, as well as kits and formulas available over the internet.

Effects: As a CNS depressant, it produces mild relaxation and calm, and eases anxiety.

The Bad News: Easily achievable high dose can induce tremors, muscle spasms, breathing difficulties, panic attacks, seizures. It can also cause coma and death when used with other depressants, such as alcohol.

Amyl Nitrate Summary Page

Street names: Poppers, RUSH, locker room, snappers, liquid gold

What it is: Amyl nitrate is a fast acting vasodilator, chemically similar to nitroglycerin. There are several other chemicals in the same family, including butyl nitrate and isobutyl nitrate.

Appearance: Amyl nitrate is a yellow liquid that typically comes in clear glass capsules.

Who uses it and How? Amyl nitrate has traditionally been associated with enhancing sex between sexual partners, as it relaxes the muscles in the anus and vagina and reportedly enhances the sexual experience. The glass capsules are broken, releasing the vapors which are then inhaled. Amyl nitrate is also used by drug users as one of a number of inhalants.

Effects: Amyl nitrate produces a sense of muscle relaxation and euphoria. There are some reports of visual and perceptual distortions with use.

The Bad News: Poppers can cause skin rashes and irritation, impaired judgment and lowering of immune system. The amyl nitrate vapors are extremely flammable. Some users experience headaches, nausea and vomiting. There is some risk of neurological damage associated with heavy long-term usage.

Designer Drugs

Ecstasy (MDMA) Summary Page

Street names: Adam, Bean, E, Ecstasy, M, Roll, X, XTC

What it is: 3,4-methylenedioxymethamphetamine, a psychoactive (mind-altering) drug with hallucinogenic and amphetamine-like properties. Its chemical structure is similar to methamphetamine.

Appearance: Tablets, in a wide variety of sizes, shapes and colors, often with a variety of logos or insignias.

Who uses it and How? Older teens, college students use it at raves—all night dance parties—for enhancing mood, produces relaxation.

Effects: Ecstasy supercharges the brain's serotonin systems. This produces a sense of overall well being and a desire for emotional closeness. Used to be utilized to enhance relationships in therapy.

The Bad News: Confusion, severe anxiety, depression, paranoia, dehydration, exhaustion, psychotic episodes. With use, it causes depletion and exhaustion of the brain's serotonin systems, causing a period of depression and apathy that can last from a few days to a couple of weeks. Long term changes from serotonin exhaustion can include memory atrophy, as well as neuron and neurotransmitter permanent damage.

The Piperazines

BZP or A2 Summary Page

Street names: A2, Frenzy, Nemesis, Herbal High

What it is: BZP (1-benzylpiperazine) is a type of synthetic alkaloid chemical called a **piperazine** in the same class of drugs as Viagra, but which does not have the same sexual effects. The naturally occurring chemical similar in structure is called piperine, and it was originally derived from the pepper plant. This gave this class of chemicals its name. BZP was first used as a worming treatment for internal parasites in cattle. It has a mild stimulant effect in stand alone form, but it is frequently mixed with other piperazines, it can produce more euphoric effects. While illegal in the United States since 2002, it is still legal in many other Western countries, including New Zealand which serves as an export country of origin for sales to other countries where it is still legal. BZP is the most usual active ingredient in a variety of substances sold in head shops and on the internet as "Herbal Highs."

Appearance: BZP is sold in a variety of tablet and capsule forms. The tablets are often yellow, tan and pink in color, sometimes with the letter "A", or with a bull's head, a butterfly, a heart or spiders. It is also usually the active ingredient in drugs sold as "Herbal Highs".

Who uses it and How? BZP is used in ways similar to Ecstasy and Molly, as a mild stimulant to increase a party or rave experience.

Effects: Like Ecstasy and Molly, BZP produces temporary increases in both dopamine and serotonin effects in the user, and this means it has a stimulant effect. It can also have euphoric and hallucinogenic effects, which are enhanced if BZP is used in conjunction with other similar chemicals. It produces approximately one-tenth the stimulant effects of dextroamphetamine. Effects last about 6-8 hours. A combination of BZP and TFMPP (Molly) produces effects almost identical to what is produced by taking Ecstasy.

The Bad News: There are reported instances in which renal toxicity has resulted from BZP use.

Hyperthermia is another reported potential problem. Insomnia is a frequently reported side-effect, and

BZP reportedly can cause a hangover. There is evidence that addiction and dependence to this drug can occur.

Extra information: The most common names for the Herbal High for which BZP is usually the active ingredient: Herbal E, Herbal X, Herbal Bliss, Rave Energy, Yohimbe, Ultimate XPhoria, Happy Caps, XPillz, Cloud9, and others. Both BZP and Molly will sometimes be added to pills that are marketed just as Ecstasy, so the user will be taking both MDMA and BZP. Additionally, BZP is at times the only active ingredient in pills marketed as Ecstasy, even though its effects are about one third as strong as those of Ecstasy, when taken at similar doses.

Chemically similar substances: There is a piperazine that is similar in structure and effects to BZP, called MDPB (1-(3,4-methylendioxybenzyl)). It is not as frequently encountered on street scene.

Molly Summary Page

Street names: Molly (short for molecular), Legal E, Legal X

What it is: According to the DEA, Molly is a designer drug called 1-(3-Trifluoromethylphenyl) piperazine (TFMPP), a more intense form of the drug Ecstasy. Less reliably, users claim the drug to be simply the purest form of MDMA (3,4-Methylenedioxymethamphetamine - Ecstasy). Whereas most Ecstasy pills pair MDMA with other chemicals, such as speed or ephedra, Molly is supposed to contain only the active ingredient that causes the positive effects of Ecstasy. However, as is the case with many street drugs, the actual composition of what is sold as Molly may or may not contain other psychoactive chemicals.

Appearance: Molly is a beige-yellow to white powder, usually sold as a free powder, but sometimes sold in capsules.

Who uses it and How? Molly is used in ways similar to Ecstasy, distributed at rave clubs, taken to enhance party experiences. Users tend to be high school and college aged teenagers and young adults. Previously, users of Ecstasy and Molly used to be confined to urban areas, but there has been increased penetration of these drugs to more rural areas.

Effects: Like Ecstasy, Molly has a stimulant and euphoric effect. It has also been reported to create feelings of increased empathy, closeness and connection to other people, as well as a reduction in anxiety. As noted above, a combination of BZP and TFMPP (Molly) produces effects almost identical to what is produced by taking Ecstasy.

The Bad News: Like Ecstasy, Molly can produce increased heart rate, blood pressure and higher body temperature. Users frequently are not aware of becoming over-heated and dehydrated, and reports of serious hyperthermia (over-heating) have been made. At higher doses, Molly has been reported to cause hallucinogenic reactions. This has prompted some users to take larger amounts of the drug in order to seek out the hallucinogenic effects. At very high doses, it may cause kidney problems and cardiovascular problems. Like Ecstasy, Molly has neurotoxic effects, acting upon the serotonin systems in particular. It can cause damage to these systems, resulting in short-term or longer-term depression. Some reports also suggest that damage to these serotonin systems can create problems with learning and memory.

Chemically similar substances: There are two other piperazines that are similar in structure and effects to Molly, called mCCP (1-(3-chlorophenyl)) and MeOPP (1-(3-trifluoromethylphenyl)). Neither of these substances are as frequently noted on the street scene as Molly.

Less common Piperazines of note:

MDBP	(1-(3,4-methylenedioxybenzyl))
mCCP	(1-(3-chlorophenyl))
meOPP	(1-(4-methoxyphenyl))

The Tryptamines

Tryptamines Summary Page

Street names AMT: Spirals

Street names 5-MeO-AMT: Alpha-o, Alpha

Street names DMT: DMT, spice, Dmitri

Street names 5-MeO-DMT: Dmitri

Street names DPT: DPT

Street names 5-MeO-DIPT: Foxy, Foxy methoxy

What it is: Any of several synthetic chemicals similar in structure and effects to the active ingredient of psilocybin mushrooms.

Appearance: The substances may be found in capsule, tablet or powder form, or may be prepared as a liquid that is impregnated onto sugar cubes, candies or blotter paper. As a powder, it is a white, clear crystal.

Who uses it and How? Users of these substances tend to be similar to those users of psilocybin mushrooms. 5-MeO-DMT, AMT and DPT are all active when ingested, but two other closely related tryptamines, DMT and 5-MeO-DPT need to be smoked or sniffed to have their active ingredients remain effective.

Effects: Effects appear to be as a mild hallucinogen with mild euphoric and empathy-enhancing effects. Users have reported auditory and visual hallucinations with use.

The Bad News: Tachycardia, hypertension, tremors confusion and seizures have been reported as side effects for these substances.

Extra information: There is currently no immunological screening test available that is successful in detecting these classes of substances, therefore they are not as easy to find in urine screenings.

The Phenylethylamines

Key Phenylethylamines Summary Page

Street names 2C-B: Nose Candy, Nexus, Venus, Bees, Erox, CB, bromo

Street names 2C-T-7: Triptasy, beautiful, Lucky 7

Street names 2C-T-2: NO STREET NAMES

What they are: Synthetically produced psychedelic drugs of the 2C family. 2C-B, like MDMA (Ecstasy), was originally used as an aid in psychotherapy during the 1970s, and marketed as an aphrodisiac in Germany under the trade name of Eros. It is similar in chemical structure to mescaline. It is now

classified as a schedule I narcotic in the United States. 2C-T-2 and 2C-T-7 were later synthesized with similar chemical formulations.

Appearance: 2C-B is sold as either a white powder or pressed into white tablets or gel caps. There are also some reports of red tablets. 2C-T-2 and 2C-T-7 are also white powders in their composed form. They are also pressed into white tablets. 2C-T-7 has also been sold in a blue pill, under the name Blue Mystic, and as a red pill under the name of Red Raspberry. These substances can also be made into liquid preparations.

Who uses it and How? Originally used in Europe legally as an aid to therapy and a replacement for MDMA (Ecstasy), 2C-B made the jump to the club scene, and is reportedly used in lower doses as an aphrodisiac and in higher doses for a hallucinogenic high. 2C-T-2 and 2C-T-7 were developed later, and arose in Europe in the late 1990s. 2C-B is extremely popular in Japan, and has been noted by law enforcement authorities as a club drug in Denver and other big cities. Users will snort 2C-B as a white powder for a faster and more intense high or a shorter duration, or will swallow tablets for a milder and longer lasting high. 2C-B has sometimes been used concurrently with Ecstasy to improve orgasmic potential. Unlike MDMA, it does not appear to deplete brain serotonin concentrations.

Effects: It is reported that lower doses of 2C-B can produce aphrodisiac effects. At higher doses, all three drugs work as a hallucinogen, similar to their chemical cousin, Mescaline, with additional effects of enhanced visual and auditory perception. Users have reported hallucinations that increase and decrease in intensity over time, as well as an increase awareness of one's own body. There are also reports of an increase in imagination.

The Bad News: To date, not enough research exists to understand the risks of these drugs. There are reports of extremely frightening bad trips, as well as a decrease in the ability to communicate and decrease in coordination. There are no reports of fatalities due to overdose to date for either 2C-B or 2C-T-2, but there have been reported deaths with 2C-T-7. Minor increases in dosage can produce significant alterations in the degree of effects, and it is usually difficult or impossible to know what dosage may be present in any illegally procured pill. In some people, 2C-B and 2C-T-2 can produce nausea, chills, and extreme nervousness. 2C-T-2 can cause extreme warm flushes. Like MDMA, these drugs can affect the body's thermostat, and can lead to overheating.

MDPV (3,4-methylenedioxypyrovalerone) Summary Page

Street names: Bath salts, Super Coke, PV, Pee Vee, White Lightning , MDPK, Pixie Dust, Lovey Dovey, Aura, Ivory Wave, Ocean, Charge Plus, magic,, White Girl, Scarface, Hurricane Charlie, Bonzai Grow, Euphoria, Vanilla Sky, Blue Silk, Red Dove and White Dove

What it is: MDPV is designer drug from a category of drugs called cathinone derivatives, a group of stimulant medications. It is a norepinephrine-dopamine reuptake inhibitor (NDRI), similar in structure to a drug called pyrovalerone, which had been used as a stimulant medication to treat chronic fatigue syndrome in the 1960s, but withdrawn due to concerns about dependence.

Appearance: MDPV comes in a white to light brown lumpy powder.

Who uses it and How? Club drug and designer drug users who seek a stimulant drug like Ritalin at the lower end or cocaine or methamphetamine at the upper end. MDPV can be taken orally or sniffed like cocaine powder. It can also be smoked, taken rectally, or injected.

Effects: MDPV creates the same effects as Ritalin or Concerta, but with a potency and strength several times higher.

The Bad News: Like most stimulants, there is a considerable risk of dependence with MDPV, as well as a severe comedown syndrome after binge use. While there have been no reports of fatalities to date – except in combination with other substances – rapid heartbeat, blood pressure increases and

vasoconstriction are concerns. Kidney damage is also reportedly a side effect of concern. Reportedly, panic attacks are common with this drug.

Less common Phenylethylamines of note:

2C-I	(2,5-dimethoxy-4-iodophenethylamine)
4-MTA	(5-methoxy- dimethyltryptamine)
DOM	(Dipropyltryptamine)
DOB	(2,5-dimethoxy-4-bromoamphetamine)

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