

Help Guide to Detect Substance Abuse

Any one of these symptoms alone does not necessarily indicate drug use; for detailed symptoms of specific substances, please consult a more comprehensive source.

CATEGORY:	CNS * DEPRESSANTS	INHALANTS	PHENICYCLIDINE	CANNABIS	CNS * STIMULANTS	HALLUCINOGENS	MARCOTIC ANALGESICS	ANABOLIC STEROIDS
Names of Drugs or Substances <i>NOTE - not all abused substances named/listed</i>	<ul style="list-style-type: none"> alcohol tranquilizers muscle relaxants barbiturates Benzodiazepines (Rohypnol) GHB** 	<ul style="list-style-type: none"> volatile solvents (paint thinners, glue, gasoline) aerosols (spray paint, air fresheners) anaesthetic agents (nitrous oxide, ether) toluene 	<ul style="list-style-type: none"> Anesthetics: PCP (angel dust) Ketamine (Special K) 	<ul style="list-style-type: none"> marijuana hash hash oil weed oil resin THC 	<ul style="list-style-type: none"> amphetamines cocaine/crack caffeine methamphetamine (speed/crystal/meth) ephedrine nicotine (tobacco) 	<ul style="list-style-type: none"> LSD psilocybin mushrooms Mescaline DMT MDA** MDMA** (ecstasy, E) 	<ul style="list-style-type: none"> pain killers opiates cough syrups codeine morphine heroin Dextromethorphan (DXM) 	<ul style="list-style-type: none"> Anavar Deca-Durabolin Winstrol synthetic testosterone (juice/oids) synthetic human growth hormones (HGH)
Medical Uses	To treat anxiety, sleeplessness, tension and high blood pressure	No accepted medical use	PCP: No medical use; Ketamine: some surgical procedures	No accepted medical use (limited use for Marinol - THC in synthesized form)	To treat depression, obesity, narcolepsy, attention deficit disorder	No accepted medical use	Long acting pain killers, cold & cough remedies, intestinal cramping, diarrhea	Some specific medical uses
Physical Symptoms and Behavioral Patterns	Drowsiness, blurred vision, uncoordinated, sluggish and slow reflexes, disoriented, thick slurred speech, depressed breathing & heartbeat, delirium, confusion, staggering, irritability, memory loss, fumbling, convulsions	Bloodshot, watery eyes, powdery ring around nose & mouth, odor of substance, slurred speech, flushed face, lack of muscle coordination, drowsy, impaired, dissociation from environment, bizarre, stuporous	Repetitive, difficult speech, warm to touch, perspiring, catatonic rigidity, "moon" walking, chemical odor, dissociation from reality, confusion, blank stare, paranoia, combative	Increases heart rate, appetite & thirst, pink watery eyes, dilated pupils, odor of marijuana, body tremors, lack of ambition, anathetic, irritability, impaired perception of time and distance	Increases heart rate & blood pressure, muscle tremors, skin rash, dilated pupils, anxiety, irritability, nervousness, grinding teeth, runny nose, talkative, euphoric, insomnia, loss of appetite, dry mouth, increased alertness	Incoherent speech, dazed appearance, hallucinations, panic & psychotic reaction, nausea & vomiting, dilated pupils, perspiring, flashbacks, bizarre or violent acts, disorientation, impaired judgement	Drowsiness, vomiting, nausea, constipation, muscle twitches, facial itching, euphoria, constricted pupils, dry mouth, low, raspy speech, anti-social attitude, preoccupied with the drug of choice, track marks, illegal activities	Roid rage, distorting acne on shoulders, upper back, arms and face, cramps, depression, enlargement of breasts, decreased sperm count, reduced testical size. Deepening voice, male-pattern balding, facial and body hair in women.
Articles to look for	Pills and capsules of varying colors and sizes. For GHB - vials of liquid	Tubes of glue, plastic bags, stains on clothing, soaked rags, volatile substance containers	Pills, capsules, powder	Leaf-like plant material, dark green oil, viscine, pipes, rolling papers, plastic baggies, roach clips	White or off-white powder, hypodermic needles, burnt bottle caps or spoons, empty pill capsules, glass pipes	Capsules and pills of varying colors, blotter material, dried mushroom, vials of clear liquid	Hypodermic needles, eye droppers, cotton batten, burnt bottle caps or spoons, empty cough medicine bottles, foil	Small vials of liquid, hypodermic needles, small colored pills
Medical Dangers	Shock, cardiac arrhythmia, coma, death <i>NOTE: Rohypnol & GHB - "date rape drugs"</i>	Brain damage, death by asphyxiation	Hallucinations & illusions, psychotic episodes, increased pain threshold	Carcinogenic effects, respiratory infections, immune system damage, impaired memory, possible paranoia	Aggressive & anti-social behavior, malnutrition, high blood pressure, brain damage, death	Possible brain & chromosome damage, potential birth defects	Anxiety or depression, physical deterioration & dependence, withdrawal, death from overdose	Liver & kidney problems, risk of heart problems, premature cessation of bone growth

* Central Nervous System ** Also Stimulant Activity

Warning: Most substances of abuse are psychologically and/or physically addictive and can impair judgement for normal activities, such as driving.

This brochure has been made possible through the added support of this community sponsor:

What can you do about drugs...

Get involved!

Work together in a community partnership to fight substance abuse in the schools, the workplace and the community.

Partnerships in the Community

A comprehensive substance abuse prevention partnership includes parents, teens, schools, law enforcement, health professionals, businesses, tenant organizations, media, elected officials, religious organizations, city agencies, neighbourhood residents and service clubs.

Together we can make a difference!

PARENTS- Ways to help your children resist drugs:

- ▶ become informed about drugs and alcohol and their effects and be a credible source of information
- ▶ make your position on drugs and alcohol abuse clear to your children; have frank, open discussions with them.
- ▶ parents need to discuss with each other the handling of the issue of drug and alcohol abuse
- ▶ be aware that the behavior you expect from your children may be different from what your children say is expected of their peers
- ▶ avoid unproductive accusations as these often result in denial and isolation
- ▶ upon discovering evidence of drug or alcohol abuse, such as paraphernalia, discuss this with your child, restate your original position, and make clear the consequences you are prepared to enact
- ▶ help your children find ways to have fun without drugs through outdoor activities, sports, music, dance, and creative projects
- ▶ show your children how to deal with day-to-day problems like frustration, stress, disappointment, boredom in a positive drug-free way.

Remember....

Parents are Powerful Role Models

The RCMP Drug Awareness Service is committed to making communities safe and healthy by reducing substance abuse and its related problems.

The Addictive Drug Information Council (ADIC) is dedicated to communicating accurate information on addictive drugs.

To obtain confidential and non-judgmental assistance for any drug-related problem, PLEASE phone the following community resource available to help you:

the Alcohol & Drug Information & Referral Service

Phone: 1-800-663-1441
Lower Mainland, Phone: 660-9382

Or you may contact

Your local Police Department

or the

Royal Canadian Mounted Police Drug Awareness Coordinator

in your area.

Drug Awareness "E" Division
Provincial Office:

Phone: (604) 264-3029
Fax: (604) 264-2649

Email: drugaware@uniserve.com

or visit our website:

www.rcmp-fairmont.org/da

ADIC

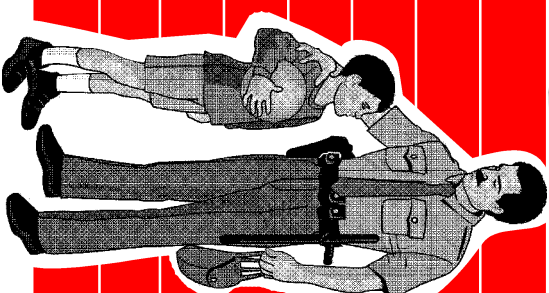
Phone: (604) 264-2342



Royal Canadian Mounted Police
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FACTS About Drugs



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ADIC

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