



INDIGENOUS WHOOLISTIC HEALING SERVICES

BUILDING HEALTHIER COMMUNITIES

FACILITATED BY: Andrew Bear

Drugs and Gangs



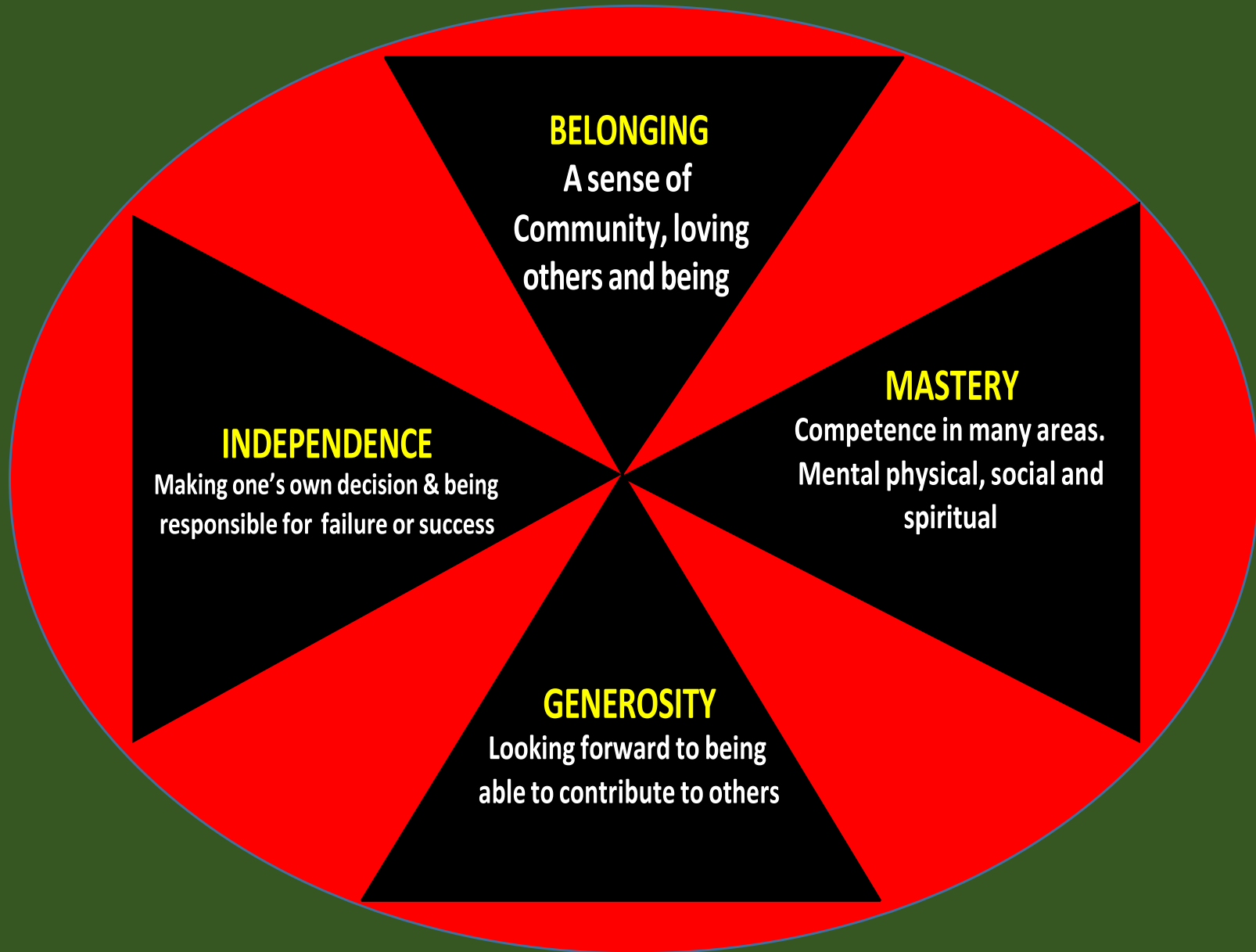
VICE
NEWS

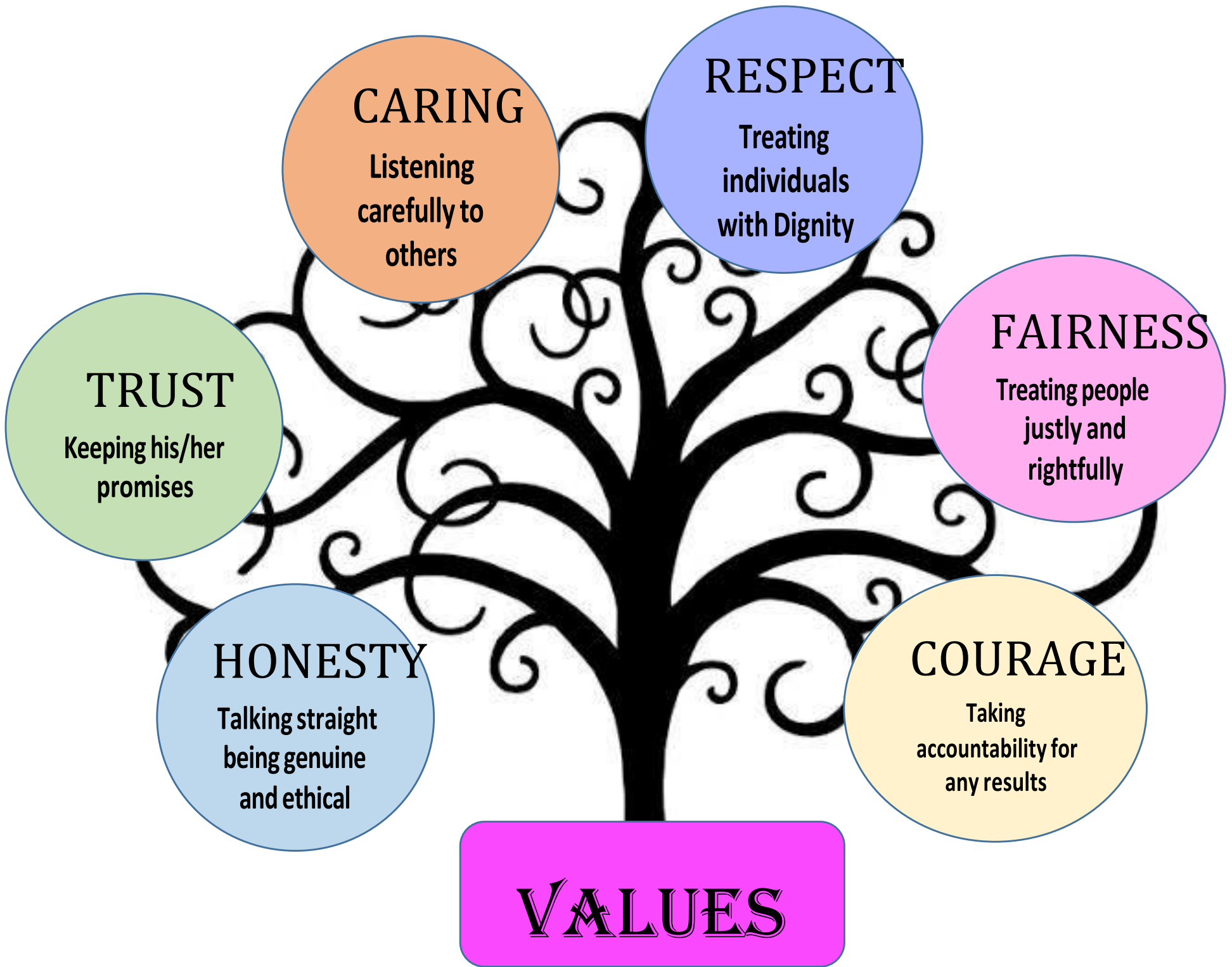


VICE
NEWS



DEVELOPING VALUES AND CHARACTERISTICS





CARING

Listening
carefully to
others

RESPECT

Treating
individuals
with Dignity

FAIRNESS

Treating people
justly and
rightfully

TRUST

Keeping his/her
promises

HONESTY

Talking straight
being genuine
and ethical

COURAGE

Taking
accountability for
any results

VALUES

DISCIPLINE

PRODUCTIVE

ORGANIZED

BRAVE

WISE

Let's have a
**HEALTHY
COMMUNITY**



**OPEN
MINDED**

FRIENDLY

STRONG

PUNCTUAL

ACTIVE



FIRST NATIONS believed that their values and traditions were gifts from the **CREATOR**.

People give thanks to everything in nature, upon which they depended for survival.

First Nations treated all objects in their environment—whether animate or inanimate—with the utmost respect.

WE HAVE BECOME WOUNDED

Addressing Past Hurts



DRUG ADDICTION

SEXUAL ABUSE

NEGLECT

PHYSICAL ABUSE

BULLYING

LONELINESS

REJECTION

NAM-CALLING

**ASK FOR
FEEDBACK**

Take a moment to look back on what you were asked to do and what you actually accomplished

**KNOW
YOUR ROLE**

Do not be afraid to ask questions.

HUMBLE

Success in life usually comes when you're completely honest with yourself and with others.

**BECOMING
RESPONSIBLE
&
ACCOUNTABLE**

**DON'T OVER
COMMIT**

When you take on too much, something will eventually fall through the cracks.

MANAGE YOUR TIME

The way people see you is critical in all aspects of your life.

**OWN YOUR
MISTAKES**

Focus on making apologies and building bridges, not building walls.



IMPORTANCE OF SHARING OUR LEARNING TO OTHERS

- Hearing your story can be a tremendous encouragement.
- It also gives them hope
- It forms instant bonds of solidarity between you, which may even blossom into something like friendship.
- You can share specific strategies, toolsets, and coping mechanisms that have been helpful to you.



IMPORTANCE OF SHARING OUR LEARNING TO OTHERS

- It affirms the importance of your story. Sharing your story lends confidence to that.
- It also makes your recovery more real to you.
- Putting your recovery into words can be richly energizing and immeasurably therapeutic experience.
- Sharing your story can be a great path toward self-love.

STEPS FOR GROWTH AND HEALING



CONVERSATION

You have to talk about what you're going through because it helps bring understanding.

BE OPEN TO CHANGE AND NECESSARY PAIN

To heal and grow, you have to get to the root of the problem.

SURROUND YOURSELF WITH LOVE AND JOY

Humans need other humans so, find your people and love them hard.

DO GOOD TO FEEL GOOD

Do something good today, for someone else, without reason or agenda.

HEALTHY BODY = HEALTHY MIND

Eating well and exercising really does lead to a healthier life and mind.

**It doesn't matter how old you are
or what you have done before.
Today is a brand new day, let's
make that brand new start
happen today!!**



**In my efforts to bring you
This Drug Workshop... I
need to bring the impacts
of drugs to the forefront,**

**where people can see it
for what it really is.....**

A KILLER!!!

**DRUGS KILLS
ALL DREAMS**

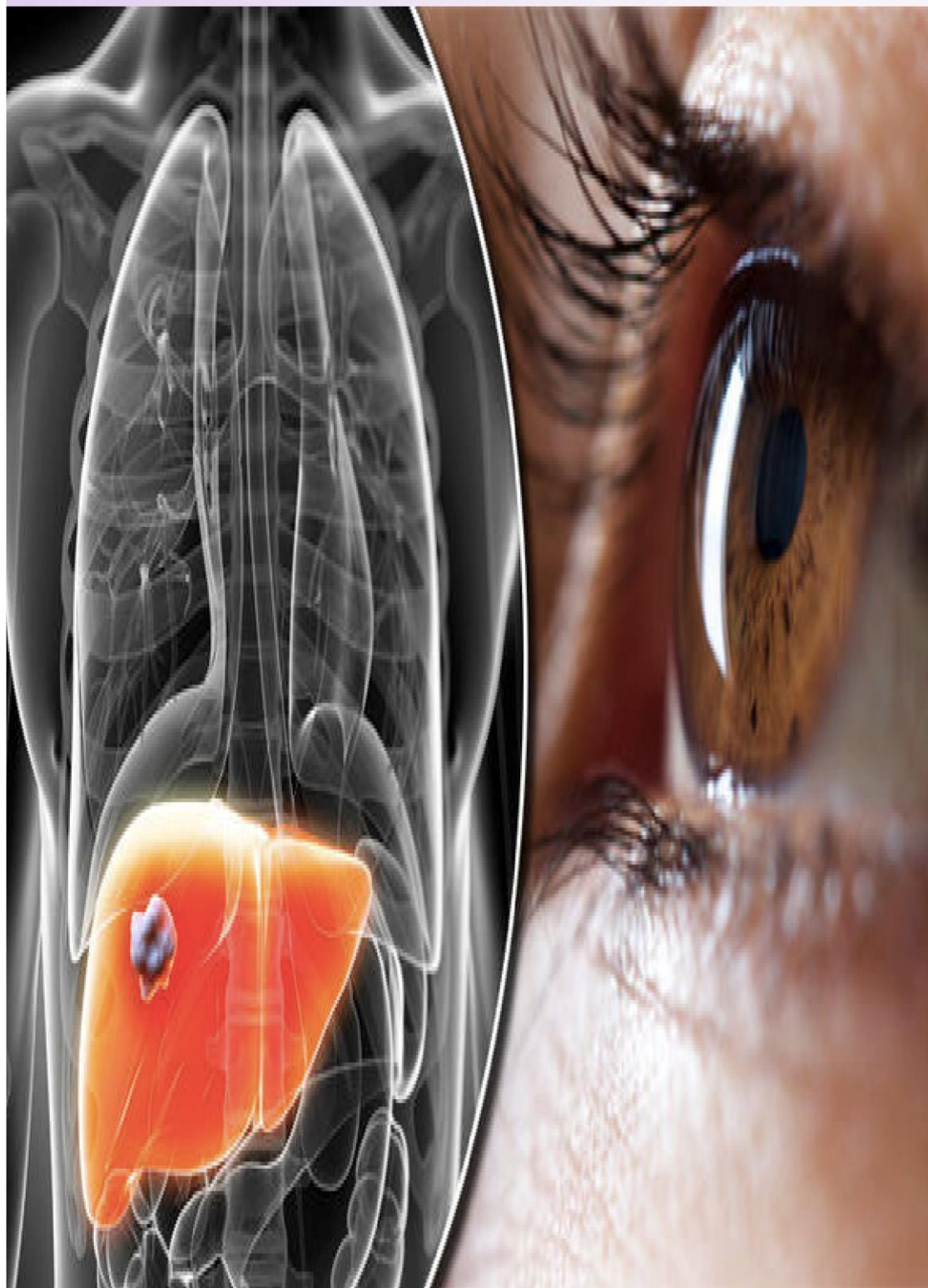




WHICH DRUG IS THE KING OF THE DRUG WORLD?

nobody dares utter a peep!

**THANKS TO KILLER
ALCOHOL!!!**



Cirrhosis of the liver kills over 30,000 each year and rising.

50 percent of the people on welfare are due to killer alcohol.

80 percent of all fire deaths are due to killer alcohol.

65 percent of the drownings.



22% HOME ACCIDENTS



36% PEDESTRIAN ACCIDENT



65% MURDER



40% ALL ASSAULT



77% FALL ACCIDENT



SEX CRIMES

35% of all rapes

30% of all suicides

30% of other sex crimes

**Over 80% of all arrests
are linked to killer
alcohol**

**And one of the
most disturbing
statistics of all....**

**60 PERCENT OF ALL
CHILD ABUSE IS
DUE TO **KILLER
ALCOHOL!****



Alcohol Trouble



- Health Risk
- Poor quality work
- Accidents
- Drinking & Driving
- Violence / Family
- Underage Drinking

REMEMBER ABOUT ALCOHOL

Excessive Drinking can Cause Problems with...

WORK

FAMILY

FRIENDS

SOCIETY

SELF

**DRINK ENOUGH OF IT OVER A
PERIOD OF TIME AND IT WILL
SHORTEN YOUR LIFE.**

WHAT ARE DRUGS?

Drugs are chemical substances that affect both your mind and your body. The prolonged use of drug may lead to **physical** and/or **psychological** dependence. An overdose of any drug may lead to **death**.





WHY DO THEY NEED TO TAKE DRUGS:

TO RELAX

FOR
ENJOYMENT

TO BE PART
OF A GROUP

TO AVOID PHYSICAL
AND/OR EMOTIONAL
PAIN

EXPERIMENT OUT
OF A SENSE OF
CURIOSITY

EXCITEMENT

REBELLION

BEING IN A
BAD MOOD

SPENDING A
LOT OF TIME
ALON
—

SIGNS

That someone has
a drug problem

NOT TAKING
CARE OF
THEMSELVE
—

BEING
REALLY
TIRED AND
SAD

Quickly
changing
between feeling
bad and feeling
good

SLEEPING AT
STRANGE
HOURS





JUST SAY NO TO

DRUGS



MARIJUANA

**Strong, Available,
Reputation as a
“safe” drug, anti-
establishment**

Effects on:

**Brain, Lungs, Heart,
Sex/Rep, Immunity
System, Personality.**



MARIJUANA

**15 Times Stronger
than '70s**

**Keeps People
from Achieving
Their Potential**

**Often Laced w/
Other Drugs**

**Hooks into Fat
Cells**

Marijuana is on the Rise Among Middle School Age Students



PEER PRESSURE –
because friends or
siblings use it

**Belief of
escaping
from
problems
at home,
school, or
with
friends**

REASON
FOR ITS
USE

**Listening
to music
and songs
that refer
to its use.**

FAMILY INFLUENCE –
because they see older people
in family using it

DOES MARIJUANA AFFECT SCHOOL, SPORTS, DRIVING, AND OTHER ACTIVITIES

- ⌘ **Biggest hazard for teens: Marijuana makes them mess up in school, sports, clubs, or with friends.**
- ⌘ **When high, more likely to make stupid mistakes.**
- ⌘ **Strong link between drug use and unsafe sex leading to spread of HIV.**
- ⌘ **Lost of energy, interest and impaired vision**
- ⌘ **Timing, coordination, alertness, and performance all affected**



Bronchial asthma

Pulmonary disease

Increased heart rate

Increased risk to lungs

Reproductive system
(decrease in testosterone)

Decreased sperm count

Abnormality of sperm

Impaired fetal growth and
development)

Leads to subsequent use
of cocaine and heroine

LONG TERM EFFECTS

- [REDACTED]
- [REDACTED]
- Bronchial asthma
- [REDACTED]
- [REDACTED]
- Chronic obstructive
- Pulmonary disease
- Increased heart rate
- Increased risk to lungs
- Short term memory
- R
(decrease in testosterone)
- Decreased sperm count
- Abnormality of sperm
- I
(development)
- Physical dependency
- of cocaine and heroine
- [REDACTED]
- [REDACTED]

- Emphysema

-

- Sore throats

- Coughs

- Chronic obstructive • Physical dependency

-

-

- Suppresses immune system

- Glaucoma

- Short term memory

EFFECTS ON THE BRAIN

EFFECTS ON THE BRAIN

- The chemicals travel through bloodstream and attach to special places on brain's nerve cells (receptors)
- THC disrupts nerve cells in part of brain where memories are found, making it harder for user to recall recent events and hard to learn while high.
- Toll taken on mental functions





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SNIFFING SOLVENTS



TERMINOLOGY



Sniffing

Inhaling vapors from an open container or off a heated pan

TERMINOLOGY



Huffing

Inhaling vapors from a volatile-soaked cloth held against the face

TERMINOLOGY



Bagging

Application of the volatile into a paper or plastic bag, which is then held over the face.

SOLVENTS

(common household products)



Adhesives

model airplane glue, rubber cement, household glue

Aerosols

spray paint, hairspray, air freshener, deodorant, fabric protector

Solvents and gases

nail polish remover, paint thinner, type correction fluid and thinner, toxic markers, pure toluene, cigar lighter fluid, gasoline, carburetor cleaner, octane booster

Cleaning agents

dry cleaning fluid, spot remover, degreaser

Food products

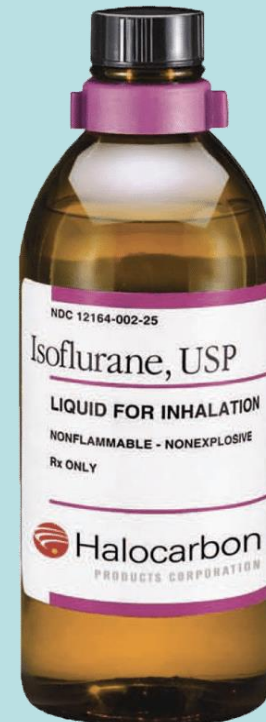
**vegetable cooking spray, dessert
topping spray (whipped cream),
whippets**

ANESTHETICS



Anesthetic

Nitrous oxide, ether, chloroform
Isoflurane, desflurane...





ILLEGAL DRUGS



ILLGEAL DRUGS

METHAMPHETAMINE

NARCOTICS

HALLUCINOGENS

COCAINE

DEPRESSANTS

INHALANTS

STEROIDS



8 DRUGS THAT
EXIST IN NATURE



Opium poppy (HEROIN, MORPHINE, CODEINE)

Heroin is a super-strong, quickly absorbed form of morphine, and the most intense use of opium.



BLUE AGAVE (TEQUILA)

Tequila, named for the Mexican town where it originated, the sugar comes from the beautiful blue agave. After it's roasted and mashed, it provides the sugar that, once properly rotted, leaves behind alcohol.



COCA LEAVES (COCAINE)

Coca leaves, mostly grown in South America, have to go through some pretty ugly steps to become cocaine. Steps involving powdered cement, gasoline soaks, and battery acid baths are all needed to condense the naturally occurring leaves into an illegal narcotic.



EPHEDRA SINICA (SUDAFED, METH)

This scraggly little bush, also called ma huang, has been used in Chinese medicine for centuries. The alkaloids in the plant can be abused, most commonly in the form of weight-loss drugs and meth production.



PSILOCYBIN MUSHROOM (SHROOMS)

the naturally occurring compound that causes the euphoria and psychedelic trips associated with shrooms, can be found in over 200 species of mushrooms



WILLOW BARK (ASPIRIN)

Salicylic acid, found in willow bark, has cooled fevered brows across the world for millennia. Even Hippocrates, the father of medicine, used to recommend chewing the bark to reduce fevers and inflammation in his patients



SASSAFRAS ROOT (ECSTASY)

Root beer and sarsaparilla used to have actual sassafras oil in them for flavor. It is the treatments with formaldehyde, paint thinner, and drain cleaner that make sassafras oil such a delightful thing to put inside your body.



PENICILLIUM MOLD (PENICILLIN)

Penicillin: The mighty, moldy world changer. It was the first drug to effectively combat bacterial infections, leading to cures of an untold number of afflictions, from strep to syphilis.

Street Drugs:



- **Heroin**

- **Crack Cocaine**

- **Crystal Methamphetamine**

HEROIN

- ❖ Opiate, narcotic
- ❖ Origin- extracted from the seed pod of the poppy plant
- ❖ Sold in white powder mixed with sugar, cornstarch, powdered milk, etc.

HEROIN- STREET NAMES

❖ **Tar**

❖ **Smack**

❖ **Thunder**

❖ **Hell dust**

❖ **Big H**

❖ **Nose drops**

❖ **Cheese heroin**

ways it is used:



INJECTED



SNORTED



SMOKED

It acts as a massive painkiller and is a downer and makes you nod out.

COCAINE

- Stimulant
- Origin- Coca leaves
 - Most potent stimulant in natural origin
- Sold in white powder typically diluted with cornstarch, powder & sugar

Cocaine- Street Names

● Powder Cocaine

- **Coke**
- **Nose candy**
- **Blow**
- **C**
- **Snow**
- **Speedball (mixed with heroin)**



● Solid lumps of cocaine

- **Crack- makes a crackling noise when heated**
- **Rock**
- **Snowball**



ways it is used:



INJECTED



SNORTED



SMOKED

- Immediate effects after using.
- Effects do not last long leaving the user wanting more.

Cocaine- Signs and Symptoms

Excitement

Anxiety

● **Excitement**

● **Anxiety**

Agitation

Hypertension

● **Agitation**

● **Hypertension**

Euphoria

Seizures

● **Euphoria**

● **Seizures**

Hyperactivity

Chest Pain

● **Hyperactivity**

● **Chest Pain**

Dilated pupils

● **Dilated pupils**

Psychosis

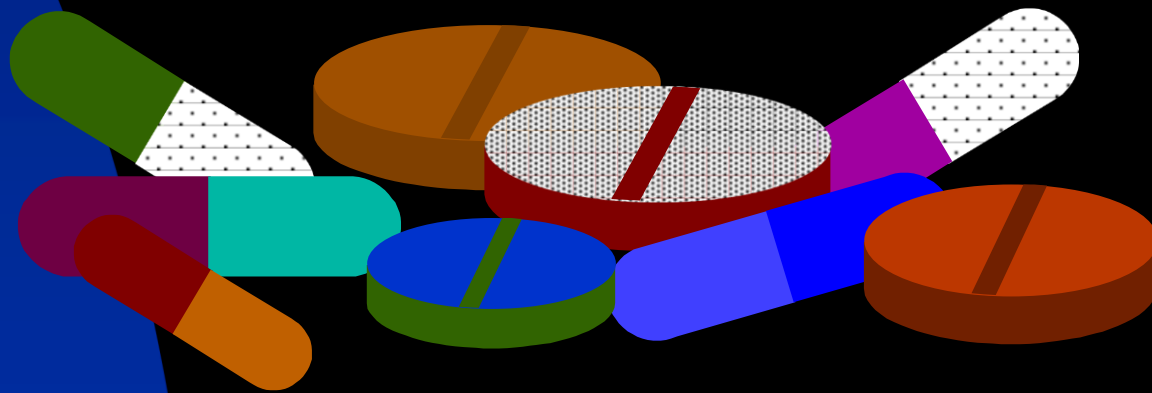
● **Psychosis**

Depressants

1950's - Sleeping Pills

1960's - Barbiturates

(Seconal & Phenobarbital)



1970 to present - Benzodiazepines
(Valium, Librium, Xanax)

DEPRESSANTS - EFFECTS

- Slowed Down
- Sleepy
- Impaired Thinking
- Coordination
- Mood Swings
- Stressed Heart

Flip Side Withdrawal

OVERDOSE:

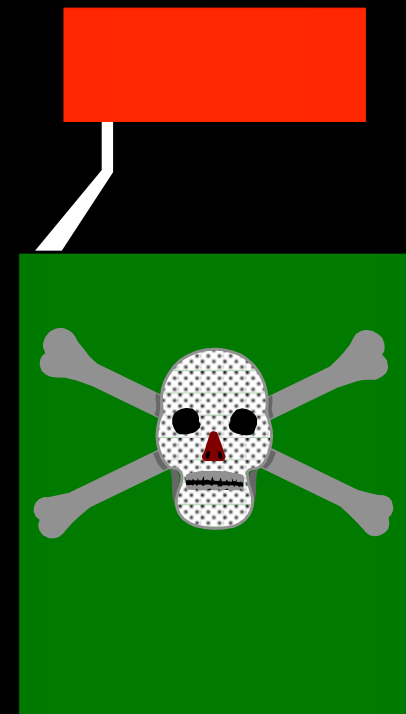


Confusion, Cramps, Vomiting, Convulsions, Death.....

DEPRESSANTS

Things To Remember

- * Fast Addiction Pattern
- * High % of Addiction
- * High Potential for Dying



NARCOTICS

THE NATURALS:

- ✓ Opium
- ✓ Morphine
- ✓ Heroin

THE SYNTHETICS:

- ✓ Percodan
- ✓ Demerol
- ✓ Codeine

EFFECTS:

Sleepy, Pinpoint Pupils, Cold Skin, Warm Body

Excessive Use:

Organ Damage, Abscesses

WITHDRAWAL: Cramps, Tremors, Nausea, Sweating, Runny Nose, Watery Eyes

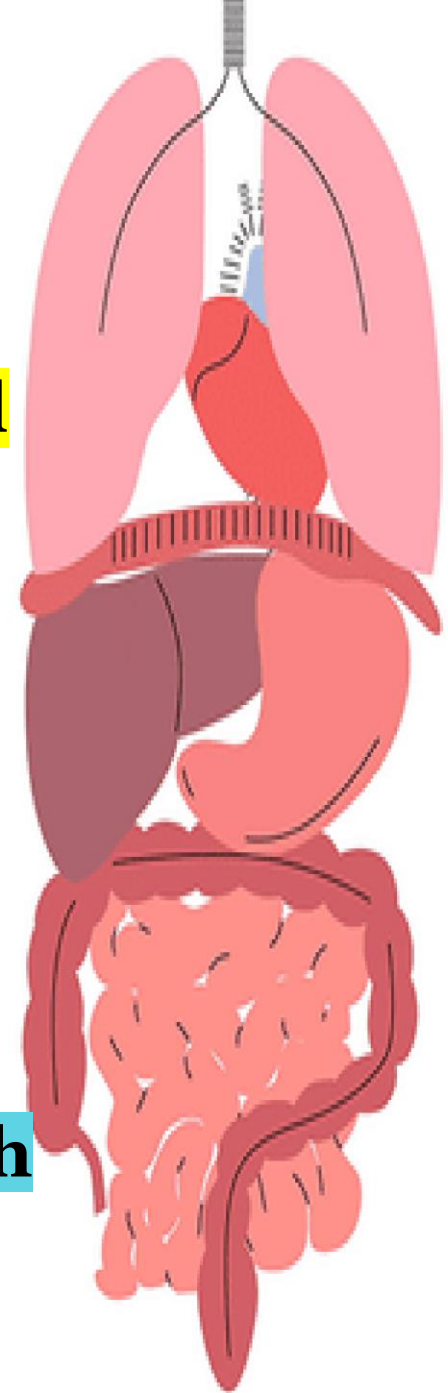
OVERDOSE Convulsions, Coma, Death

**Like Alcohol and Depressants,
Narcotics will slow you down. Take
too many and they will slow you
down permanently.**

**Because of their strength narcotics will
inflict heavy damage on your internal
organs.**

**The withdrawal may not be quite as
life threatening as a depressant
withdrawal but with the extreme
cramps, nausea etc. you may wish you
would die.**

**Overdosing is a very real concern
especially if you combine narcotics with
other downers.**





ECSTASY

ECSTASTREET NAMES

Beans

**The
love
drug**

**Designer
Drug**

“E”

Adam

DOVES

Dolphins

**THE
CLUB
DRUG**

MITSUBISHI

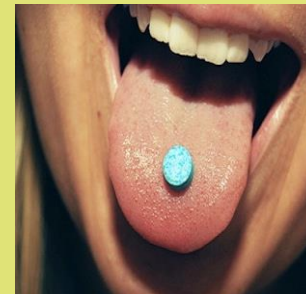
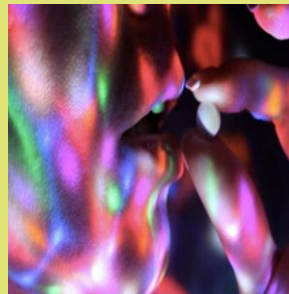
EXT

**Disco
Biscuits**

**New
Yorkers**

FEELINGS IT PRODUCES

- Feelings of empathy
- Peacefulness
- Enhanced self-confidence
- More Energy
- Depression
- Confusion
- Extreme feelings of love

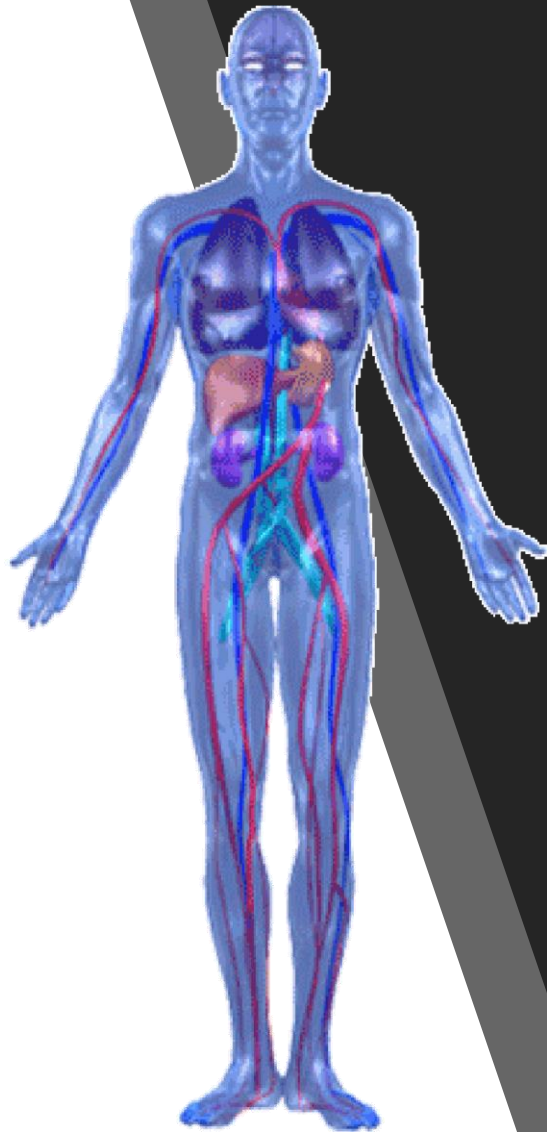


Effects on the Brain

- Long-term damage to brain
- Memory and Thought loss
- Damages the neurons that produce chemicals called SEROTONIN
- Dull mental processes



EFFECTS ON THE BODY



- Muscle tension
- Teeth clenching
- Nausea
- Blurred vision
- Rapid eye movement
- Faintness
- Chills/sweating
- Increase in heart rate, blood pressure, and body temperature
- Heart failure
- Dulled senses
- Tiredness and soreness

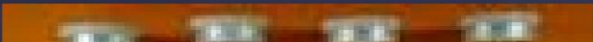
Usage

- 2.8 million teens have tried ecstasy
- 1 out of every 11 in North America
- Most common from ages 16-25 years
- Taken in pills or tablets
- Sometimes snorted or smoked

• Designs are put onto tablets to make ecstasy look harmless











AMPHETAMINE

- Amphetamines are central nervous system (CNS) stimulants.
- They are used to treat ADHD and narcolepsy.
- Adverse effects include restlessness, acne, and blurred vision.
- Rarer side effects include seizures, heart problems, and psychosis.
- Amphetamines are used for recreational purposes. They are addictive.

● MEDICATION NAMES

- Benzedrine
- Dexedrine
- Ritalin
- Adderall



● STREET NAMES

- Speed
- Uppers
- Black beauties
- Bumblebees
- White bennies
- 357 magnums

- Is a synthetic chemical, made from a substance found in ergot, which is a fungus that infects rye (grain).
- When small doses are taken, it can produce mild changes in perception, mood and thought.
- When larger doses are taken, it may produce visual hallucinations and distortions of space and time.

- Yellow sunshine

- Acid

- Boomers

- Blotter

- “Candy flipping” Trips refers to mixing LSD Yellow sunshine and Ecstasy

THE EFFECTS OF LSD USUALLY BEGIN IN 30 – 45 MINUTES AND CAN LAST FOR 4 TO 12 HOURS

- ❖ Euphoria and wellbeing
- ❖ Dilation of pupils
- ❖ Perceptual changes, such as visual and auditory hallucinations.
- ❖ Confusion and trouble concentrating
- ❖ Headaches
- ❖ Nausea
- ❖ Fast or irregular heart beat
- ❖ Increased body temperature
- ❖ Breathing quickly
- ❖ Vomiting
- ❖ Facial flushes, sweating and chills

OVERDOSE

If you take a large amount, the negative effects of LSD are more likely to happen.

- ❖ **Panic**
- ❖ **Paranoia**
- ❖ **Increased risk taking**
- ❖ **Psychosis**

BAD TRIPS

Sometimes you can experience a 'bad trip', involving a disturbing hallucination. This can lead to panic and risky behaviour, like running across a road or attempting self-harm.

COMING DOWN

In the days after using hallucinogens, the following may be experienced:

❖ **Insomnia**

❖ **Fatigue**

❖ **Body and
muscle aches**

❖ **Feeling
depressed**

- We gain more **tolerance** for the drug. It takes more to get high.
- We become **Dependant** on the drug...we at first thought it was **just a thing** we were going to do now and then but we found we need it all the time.
- Finally we become **Addicted**. We will do anything to get the drug....lye, steal, even sell our body and the body of others to get the drug. We will even kill for the drug. It consumes every part of us and we

**WARNING
SIGNS OF
ALCOHOLISM**

wonder.....**HOW DID I GET
LIKE THIS....WHAT WENT
WRONG??????**

-
- Being unable to control alcohol c



- Craving alcohol when you're not drinking
- Putting alcohol above personal responsibilities
- Feeling the need to keep drinking more
- Spending a substantial amount of money on alcohol
- Behaving differently after drinking



BINGE DRINKING AND ALCOHOL ADDICTION

One of the greatest dangers of binge drinking is the fact that it is an acceptable behavior in many social circles, especially on college campuses. Despite this, binge drinking is very dangerous and could place a person closer to ADDICTION.

BINGE DRINKING OCCURS WHEN A:

- woman drinks four or more drinks in approximately two hours.
- man drinks five or more drinks in approximately two hours.

DRINKING TO COPE CAN CAUSE ALCOHOL ADDICTION

Certain people may begin and continue to drink as a means of coping with negative or dysfunctional psychological states, such as:

- ❖ Anger ❖ Guilt ❖ Grief
- ❖ Impulsiveness ❖ Loneliness
- ❖ Low self-esteem ❖ A need for approval

By using alcohol to overcome emotional distress and to produce a positive mood, a person may be at risk for addiction.

In certain cases these psychological traits or feelings may be symptoms of a more serious mental health problem.



Some of the following mental illnesses have been linked to an increased risk for alcohol addiction:

Antisocial personality disorder

- Attention deficit hyperactivity disorder (ADHD)

Bipolar disorder

- Depression

Generalized anxiety disorder

- Panic disorder



Post-traumatic stress disorder (PTSD)

-
- Schizophrenia
-
- Social anxiety disorder (social phobia)

SOME FUNNY MOMENTS WHEN DRUNK....



SOME FUNNY MOMENTS WHEN DRUNK..

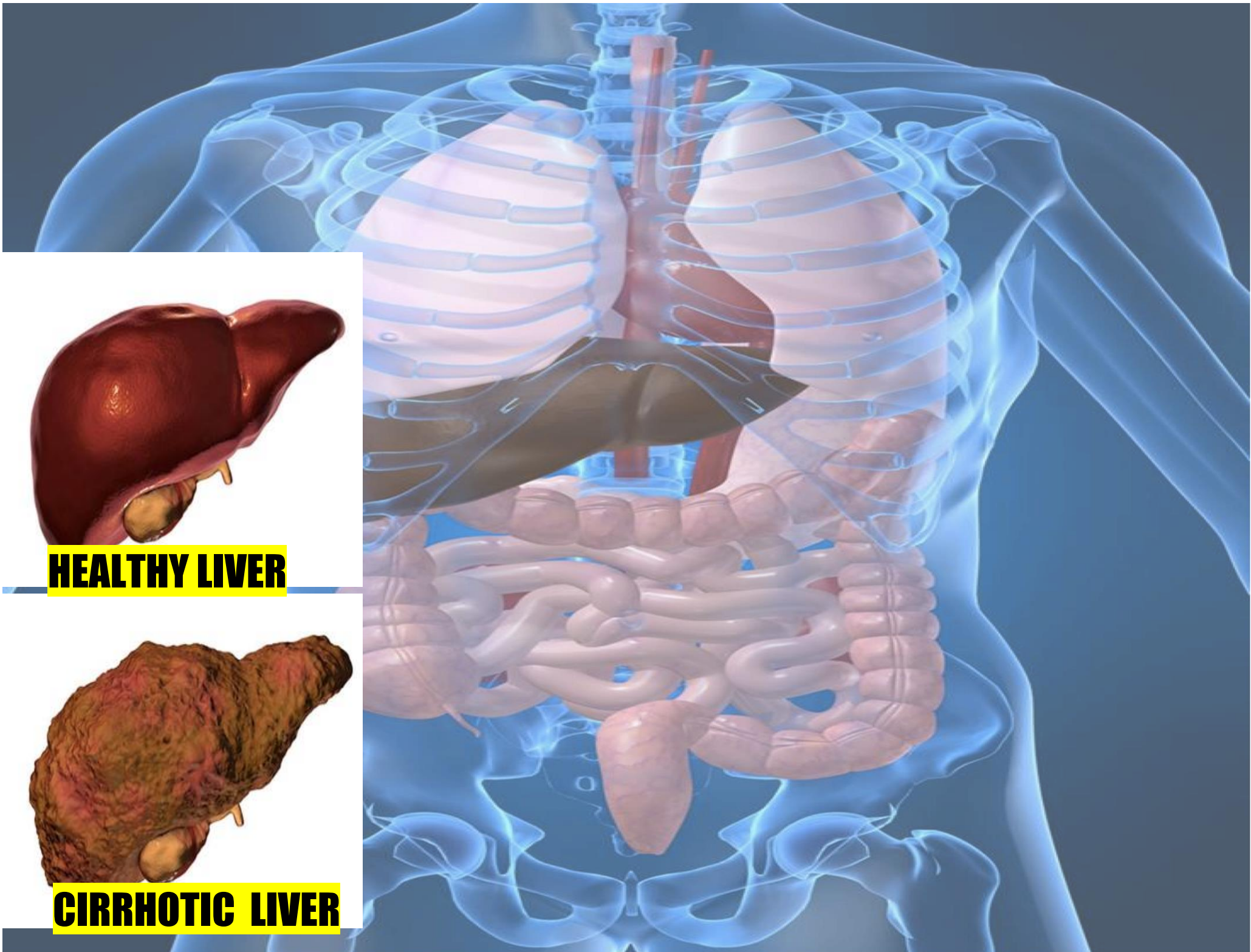


SOME FUNNY MOMENTS WHEN DRUNK..

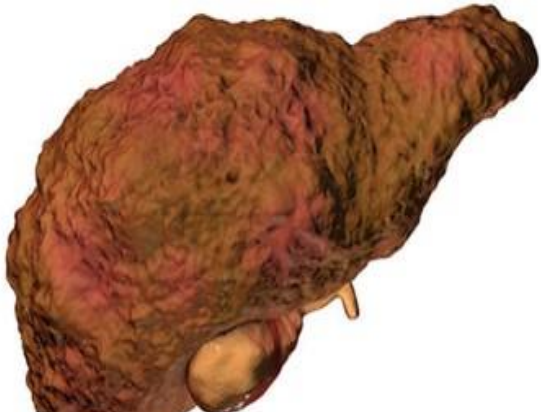


FOLLOWING BEHAVIORS OF PEOPLE WITH ALCOHOL USE DISORDER :

- ❖ Drinking alone
- ❖ Drinking more to feel the effects of alcohol (having a high tolerance)
- ❖ Becoming violent or angry when asked about their drinking habits
- ❖ Not eating or eating poorly ❖ Neglecting personal hygiene
 - ❖ missing work or school because of drinking ❖ being unable to control alcohol intake
- ❖ making excuses to drink
- ❖ continuing to drink even when legal, social, or economic problems develop
- ❖ giving up important social, occupational, or recreational activities because of alcohol use



HEALTHY LIVER



CIRRHOTIC LIVER

WHAT'S THE OUTLOOK FOR A PERSON WITH ALCOHOL USE DISORDER?

- ❖ Bleeding in the gastrointestinal (GI) tract
- ❖ Damage to brain cells
- ❖ Cancer in the GI tract
- ❖ Dementia
- ❖ Depression
- ❖ High blood pressure
- ❖ Pancreatitis (inflammation of the pancreas)
- ❖ Nerve damage
- ❖ Changes in mental status



THE DANGERS OF ALCOHOL ABUSE

Short-term side effects of alcohol abuse: Long-term side effects of alcohol abuse:

- Depression
- Trouble breathing
- Psoriasis
- Impaired judgment
- Headaches
- Blackouts
- Chronic pancreatitis
- Nausea
- Distorted vision and hearing
- Sexual problems
- Nerve damage
- Permanent brain damage
- Anxiety disorders
- Neurological impairment
- Cirrhosis of the liver
- Hand tremors
- Compromised immune system
- High blood pressure

- Vitamin B1 deficiency
- Malnutrition
- Gastritis



Then we get to an
"I DON'T CARE ATTITUDE"
and when we get there,
(we don't care if we hurt
ourselves or somebody else)
IT JUST DOESN'T MATTER

EXPERIENCING TROUBLES

Alcohol & Drug use

Why did i ever start?

Smoking???

ANGER

Mistakes

Relationship difficulties

Nobody trusts me

When did this begin?

I'M BROKE

**Cant seem to find a job that
pays much**

Nobody understands!

LOW SELF WORTH

STARTING OVER

PAST ABUSE

MAKING CHOICES

WHY

SHOULD I CHANGE?

COCAINE:

Other Names: Coke, Snow, Nose Candy, Flake, Blow, Big C, Lady, White and Snowbirds

What It Looks Like: White crystalline powder

How it's Administered: It's inhaled or injected

EFFECTS ON USER:

- ✓ A "high" feeling of supremacy
- ✓ Constricted peripheral blood vessels
- ✓ Dilated pupils
- ✓ Increased body temperature
- ✓ Heart rate and blood pressure
- ✓ Restlessness
- ✓ Irritability
- ✓ Paranoia
- ✓ respiratory arrest
- ✓ **DEATH**





CRACK COCAINE

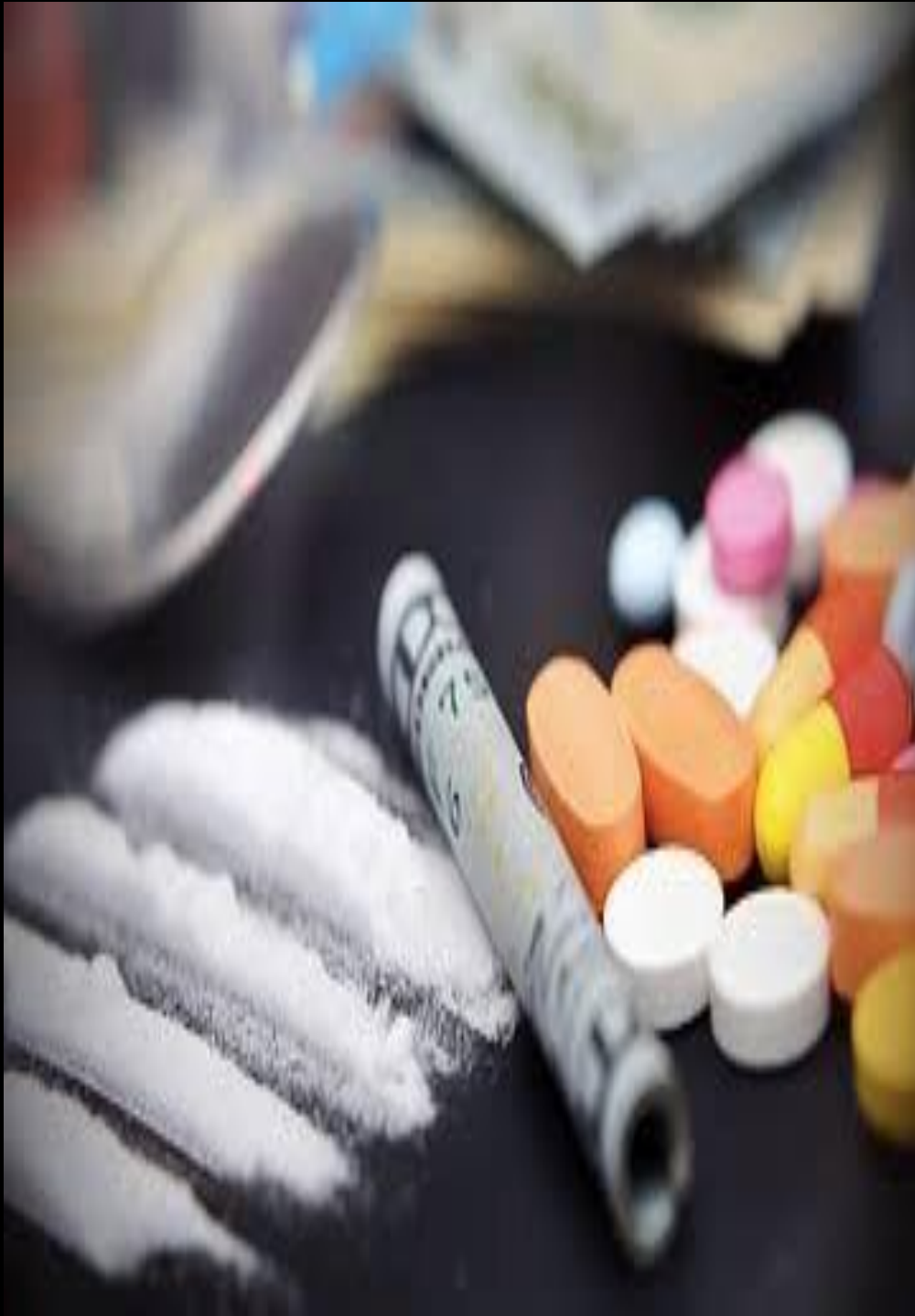
Other Names: Crack, rock, freebase

What It Looks Like: White to tan pellets or crystalline rocks that look like soap

How it's Administered: It's smoked.

EFFECTS ON USER

- ✓ **Hyperstimulation**
- ✓ **Bizarre, erratic, sometimes violent behavior**
- ✓ **Hallucinations, hyperexcitability, irritability**
- ✓ **Panic and psychosis**
- ✓ **Convulsions, seizures and sudden death from high doses (even one time)**
- ✓ **Intense euphoria**



OXYCONTIN

- Is abused for its painkilling effects.
- It is also known to bring on a **SENSE OF RELAXATION.**
- **People tend to consume more of the drug in an effort to intensify these pleasurable effects, which is often what leads to abuse.**



OxyContin
is commonly abused
either orally or
intravenously,
crushed into a
powder form and
snorted through the
nose.



Clammy skin

Slowed heartbeat

Seizures

Dizziness

Weakness



Restlessness

Anxiety

Increased heart rate

Sweating

Muscle spasms



WHAT IS FENTANYL?



FENTANYL

- **A synthetic opiate analgesic**
- **Similar to morphine but significantly more potent.**
- **Typically prescribed to cancer patients and those suffering from chronic or breakthrough pain.**

STREET NAME FOR FENTANYL

DROP DEAD

CHINA GIRL

SERIAL KILLER

SHINE

APACHE

GOODFELLA

JACKPOT

MURDER 8

TNT

COMMERCIAL NAMES FOR FENTANYL



Sublimaze



Lazanda



Durogesic



Subsys



Duragesic



Abstral



Actiq

BRAND NAMES AND FORMS OF FENTANYL



Sublimaze

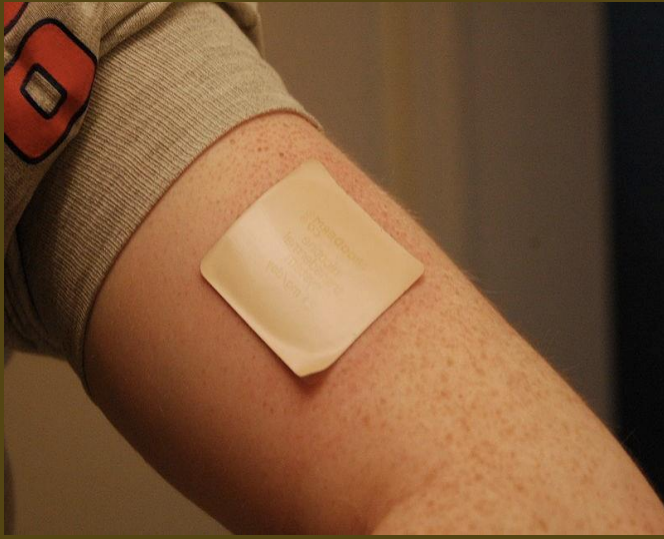
Generally administered in hospitals, sometimes alongside anesthetics, Sublimaze is the infectible form of fentanyl. It is used to manage pain before and after surgeries.



Lazanda

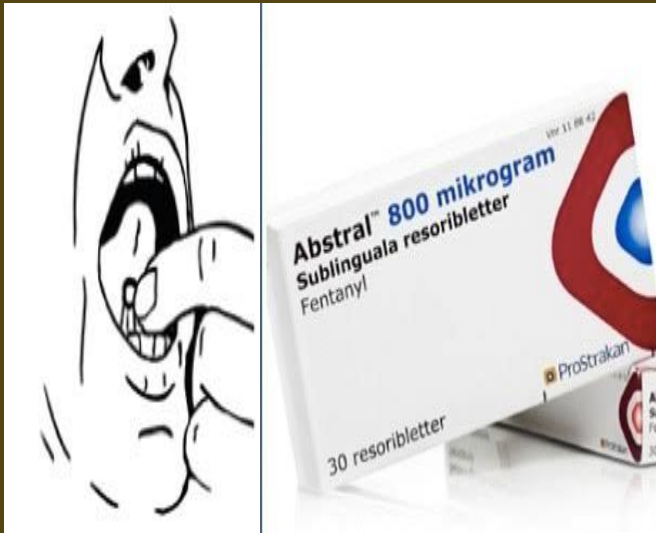
A fentanyl nasal spray administered in the same manner as a common nasal decongestant spray. It is predominantly used to treat pain in cancer patients.

BRAND NAMES AND FORMS OF FENTANYL



Duragesic/ Durogesic

The fentanyl patch was introduced in the 1990s. It is prescribed to treat moderate to severe pain and its effects can last for up to 3 days.



Abstral

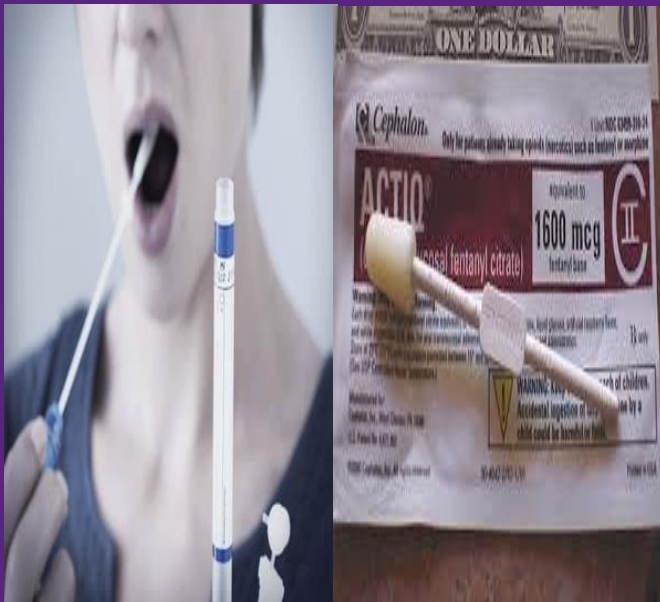
Also used for opioid-tolerant patients with breakthrough cancer pain, Abstral is the quick-dissolve tablet version of fentanyl and is placed under the tongue for immediate relief.

BRAND NAMES AND FORMS OF FENTANYL



Subsys

Is a sublingual spray administered under a patient's tongue to deliver immediate pain relief. Its purpose is to treat breakthrough cancer pain.



Actiq

This form of fentanyl comes as a lozenge on a plastic stick administered under the tongue like a lollipop. It is used for patients already on pain-relieving

medications and has some military applications.

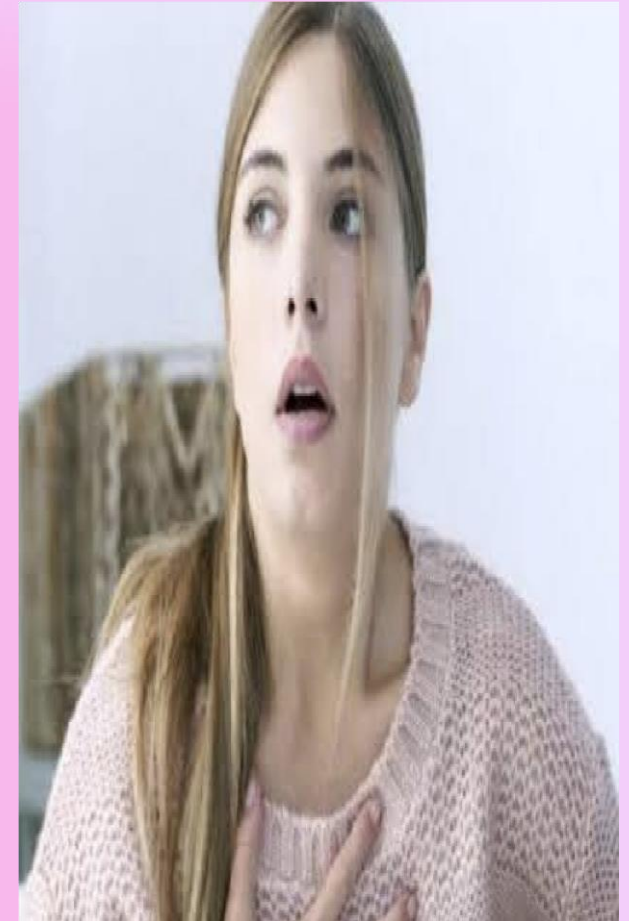
How to recognize an overdose



**Small, constricted
“pinpoint pupils”**



**Falling asleep or
loss of consciousness**



**Slow, shallow
breathing**

How to recognize an overdose



Choking or gurgling sounds



Limp body



Pale, blue, or cold skin



CARFENTANIL ABUSE

DIFFERENCE BETWEEN FENTANYL AND CARFENTANIL

Their similar names often lead people to the conclusion that fentanyl and carfentanil are essentially the same. **THEY'RE NOT.**

FENTANYL

Fentanyl is considered safe and effective when used and monitored in a medical setting.

CARFENTANIL

Carfentanil is used by veterinary practices to tranquilize large animals (such as elephants).



KILLER METH

Methamphetamine



➤ **It is a powerful, highly addictive stimulant that affects the central nervous system.**

➤ **A synthetic drug with more rapid and lasting effects than amphetamine.**

➤ **Used illegally as a stimulant and as a prescription drug.**

LET'S GET TO KNOW MORE ABOUT **METH**

WHY DO PEOPLE USE CRYSTAL METHAMPHETAMINE?

Common reasons for using stimulant drugs such as ice include:

- ✓ To fit in/feel part of a social group.
- ✓ To reduce inhibitions and increase confidence
- ✓ Out of curiosity or to experiment
- ✓ To escape from reality
- ✓ Out of boredom
- ✓ To manage mental health issues
- ✓ To forget or help cope with problems
- ✓ **To enhance work performance**
- ✓ To enhance sexual experiences and intimacy



What Are the Signs Someone Is Using Meth



- Doesn't care about personal appearance or grooming
- Obsessively picking at hair or skin
- Loss of appetite and weight loss
- Dilated pupils and rapid eye movement
- Staying up for days or even weeks at a time
- Erratic movements; twitching; facial tics; exaggerated mannerisms; and constant talking
- Borrowing money often, selling possessions, or stealing
- Angry outbursts or mood swings
- Psychotic behavior, such as paranoia and hallucinations.

ALL ADDICTIVE DRUGS HAVE 2 THINGS IN COMMON:

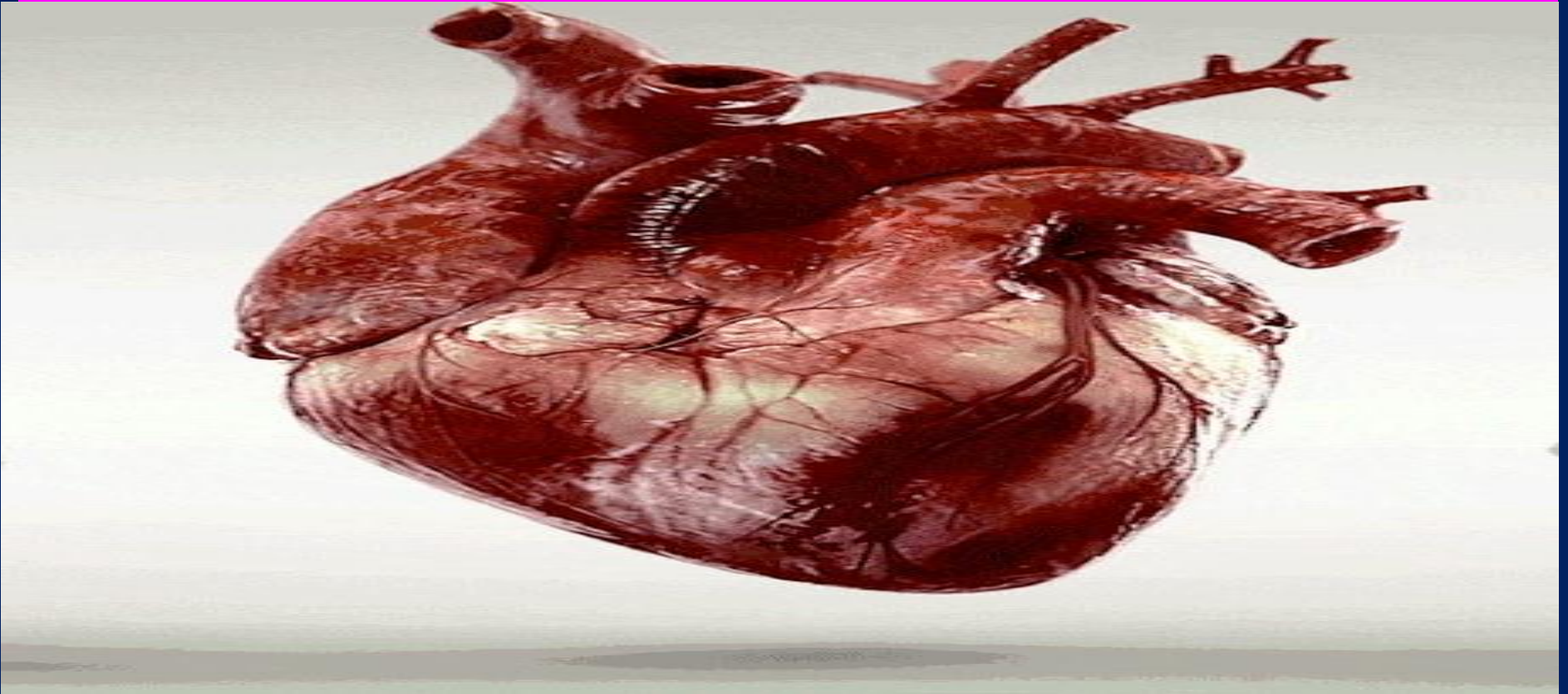


**THEY PRODUCE
AN INITIAL PLEASURABLE EFFECT**



REBOUND UNPLEASANT EFFECT

THE STAGES OF THE METH “EXPERIENCE”



THE RUSH

The abuser's heartbeat races and metabolism, blood pressure and

pulse soar

THE STAGES OF THE METH "EXPERIENCE"



THE HIGH

The abuser often feels aggressively smarter and becomes argumentative.

THE STAGES OF THE METH “EXPERIENCE”



THE BINGE

The abuser becomes hyperactive both mentally and physically.

THE STAGES OF THE METH “EXPERIENCE”



TWEAKING

Intense itching is common and a user can become convinced that bugs are crawling under his skin.

THE STAGES OF THE METH “EXPERIENCE”



results in a long

THE CRASH

The crash happens when the body shuts down, this

METH HANGOVER

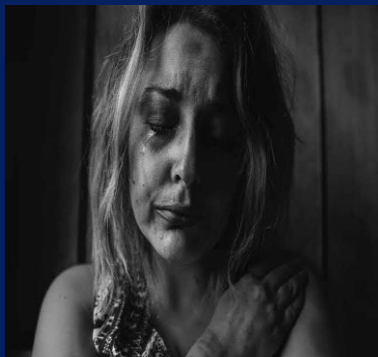
The abuser returns in a deteriorated state, starved, period of sleep for the person.



dehydrated and utterly exhausted physically, mentally and emotionally.

WITHDRAWAL

Person becomes depressed, loses his energy and the ability to experience pleasure.





Most commonly used as a “club drug,” taken while partying in night clubs or at rave parties

Meth burns up the body’s resources, creating a devastating dependence that can only be relieved by taking more of the drug.

A poison that first acts as a stimulant and begins to destroy the body.

It is associated with serious health conditions, including memory loss, aggression, psychotic behavior and potential heart and brain damage.

THE INGREDIENTS



❖ ACETONE

❖ EPHEDRINE/
PSEUDOEPHEDRINE

❖ LITHIUM

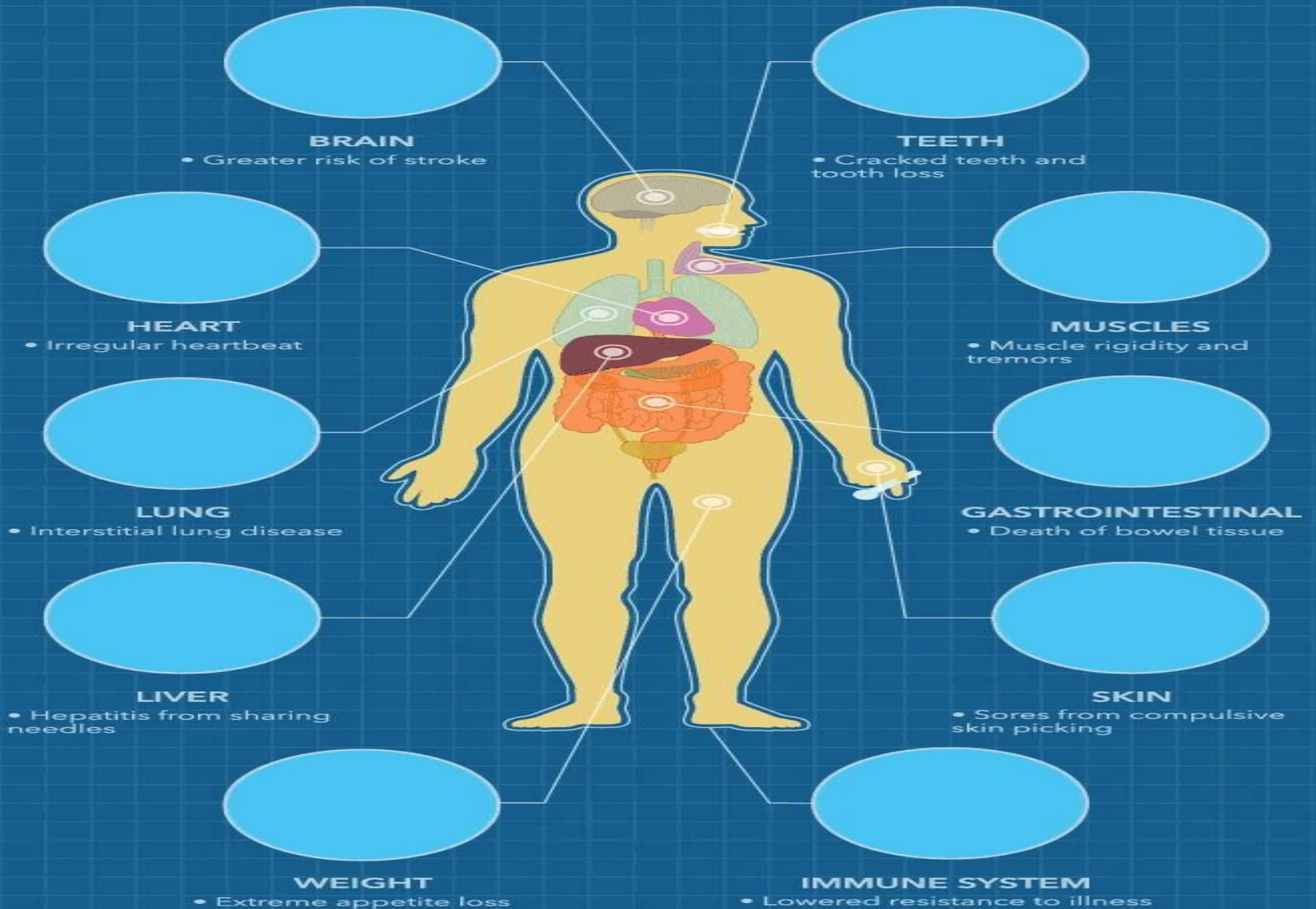
❖ ANHYDROUS AMMONIA

WHAT IS CRYSTAL METH?



CRYSTAL METH is one form of the drug, that comes in clear, chunky crystals, which are then inhaled or smoked.

THE EFFECTS OF METH ON YOUR BODY





RUNNING FROM YOUR PROBLEMS USING A WAY OF SUICIDE



**“A WAY TO HIDE YOUR
FEELINGS”**



**ATHLETIC KID,
NOW IS WEAK!**

“YOU CANNOT HELP ANYBODY
THAT IS **NOT** READY TO BE HELPED”



“This is by far the best drug I’ve tried. I’ll do anything to get my hands on it”



-Former crack smoker



EFFECTS OF CRYSTAL METH

SKIN DAMAGES:



EFFECTS OF CRYSTAL METH

SKIN DAMAGES:



EFFECTS OF CRYSTAL METH

SKIN DAMAGES:



EFFECTS OF CRYSTAL METH

SKIN DAMAGES:



EFFECTS OF CRYSTAL METH

SKIN DAMAGES:



EFFECTS OF CRYSTAL METH

SKIN DAMAGES:



EFFECTS OF CRYSTAL METH

MOUTH PROBLEMS:



EFFECTS OF CRYSTAL METH

MOUTH PROBLEMS:



EFFECTS OF CRYSTAL METH

WEIGHT LOSS:



FACES OF METH

METH

a stimulant that **affects** the central nervous system

'FACES OF METH'

BEFORE



AFTER



'FACES OF METH'



'FACES OF METH'



Jennifer

1.5 Years



1 AGE: 23

3 AGE: 25



Perry

4 Years Later



Theresa

2.5 Years Later



Joseph

3 months later

**Like Alcohol and
Depressants, Narcotics
will slow you down.**

**Take too many and they
will slow you down**

permanently.



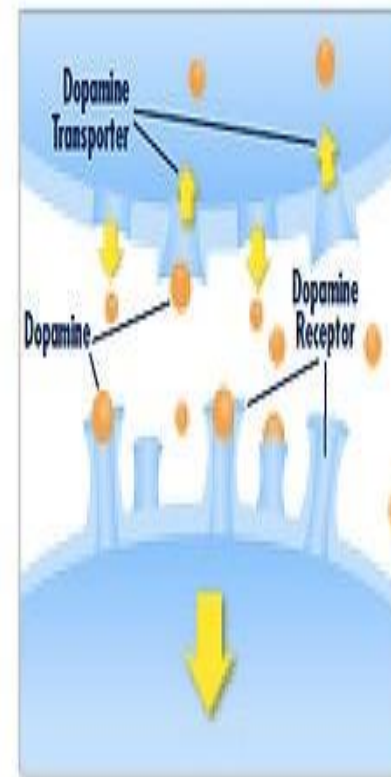
DRUGS OF ABUSE TARGET THE BRAIN'S PLEASURE CENTER

Brain reward (dopamine) pathways

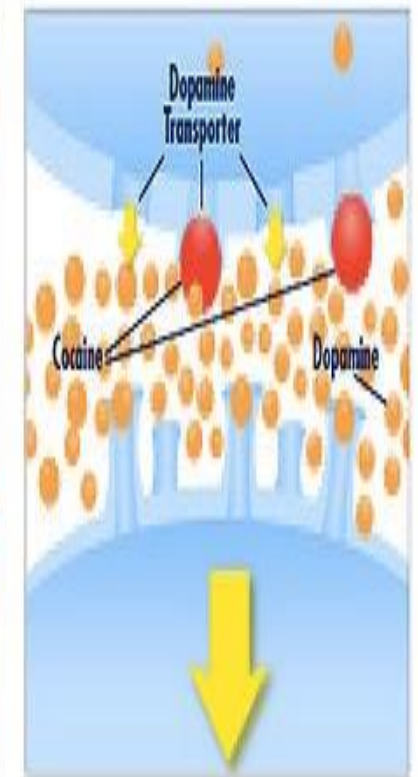


These brain circuits are important for natural rewards such as food, music, and sex.

Drugs of abuse increase dopamine



FOOD



COCAINE

Typically, dopamine increases in response to natural rewards such as food. When cocaine is taken, dopamine increases are exaggerated, and communication is altered.

THE PICKLE LINE

**All cucumbers can
become pickles,
but...**

**Once a pickle, you
can never become a
cucumber again...**





BEING ABLE TO SAY "NO" TO DRUGS

This means not participating in its use nor condoning it in any area of our lives.

To invite the drug culture into our lives also encourages the entrance of the gang culture.



Masking our pain and problems via drugs and alcohol has brought about several unforeseen circumstances such as:

- ✓ **TEEN PREGNANCY**
- ✓ **ABORTION**
- ✓ **THEFT**
- ✓ **VIOLENCE**
- ✓ **PRISON**
- ✓ **OVERDOSING and**
- ✓ **DEATH.**

COMMUNICATING WITH SOMEONE WHO HAS AN ADDICTION

❖ ALWAYS BE KIND TO SOMEONE WITH AN ADDICTION
Show you care through your behavior

❖ LISTEN TO PERSON WITH THE ADDICTION AT LEAST AS MUCH AS YOU TALK

Whether they are a loved one or not, a person with an addiction is more likely to confide in you

❖ ALWAYS BE CONSISTENT

❖ **Whenever you are with someone with an addiction, communicate through your actions as well as your words.**

❖ TRY TO BE PREDICTABLE **Set a good example.**

❖ SHOW UNCONDITIONAL LOVE OR CONCERN

**Let them know that you still love or care about them, no matter
how severe their addiction.**

HEALTH TALK – I choose to participate in healthy discussions that will help me to understand life issues and to make healthy choices.

Topics such as death and dying, depression, suicide, hopelessness, values and morals, sex, Creator, and “how to be happy”.





BEING A LEADER AND NOT A FOLLOWER

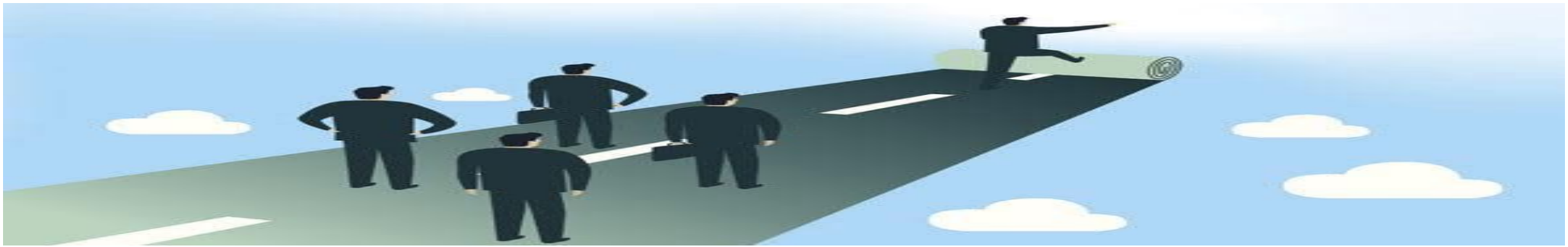
TOO OFTEN MANY YOUTH FOLLOW WHAT THEIR PEERS ARE DOING

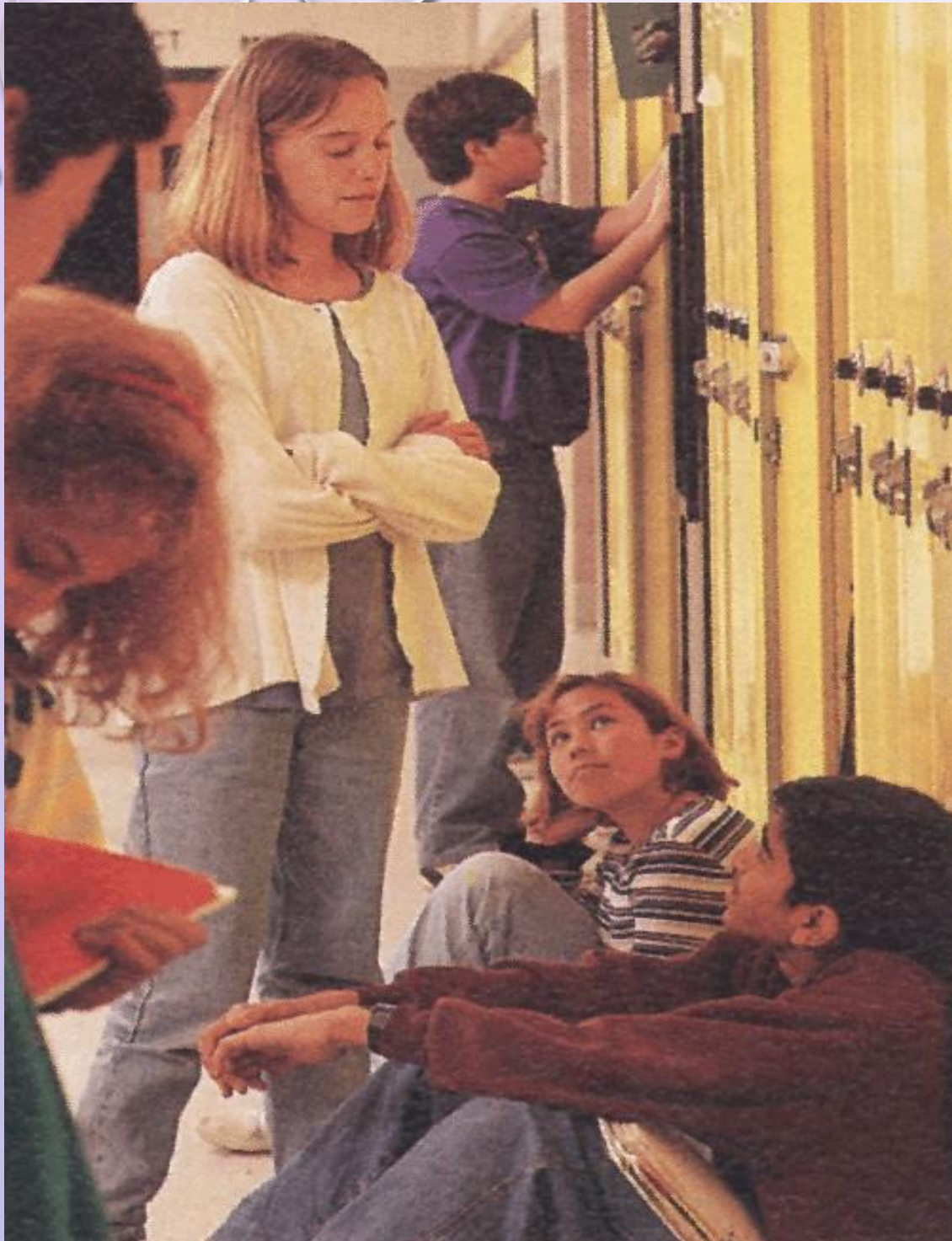
They will make a devastating decision just because that's the direction their peers took.

They will abort any plan to make any healthy decisions for fear of looking negative in their peer's eyes.

They will engage in behaviours that can even be criminal, because they are attempting to gain their peers approval.

**THIS WILL CAUSE THEM TO
FORSAKE AT TIMES EVEN
THEIR GOALS AND DREAMS.**





***... Is it
worth
the
risk?***

The good news is...
**DRUG ABUSE IS A
PREVENTABLE BEHAVIOR**

AND

**Drug Addiction is
a TREATABLE disease**



MY FRIENDS WHEN
ALCOHOL AND DRUGS
GRABS A HOLD OF YOU, IT
WON'T LET GO UNTIL IT
DAMAGES YOU OR KILLS
YOU.

LETS TAKE A STAND, LET'S
DO OUR PART.... LET'S SAY
NO!!!!!!



**GIVE YOURSELF A CHANCE
BECOME THE CHANGE.**

**TODAY IS THE REST OF YOUR LIFE. YOU
HAVE THE POWER TO CHANGE AND
BECOME THE BEST THAT YOU CAN BE.**

**DON'T LOSE HOPE! YOU HAVE THE
POWER TO BE A MIRACLE.**



Power of Positivity[®]
Every day is a day to shine. Shine On!

A BIG bear hug
for you :)

