

# Substance Abuse

Troop 226



# Second Class Requirement 9a

- ▶ Participate in a school, community, or troop program on the dangers of using drugs, alcohol, and tobacco, and other practices that could be harmful to your health. Discuss your participation in the program with your family.

# Discussion Topics

- ▶ Define Drugs and Substance Abuse
- ▶ Why Substance Abuse Exists
- ▶ Types of Drugs
- ▶ Cost of Substance Abuse

# What is substance abuse?

## substance abuse

the overindulgence in and dependence of a drug or other chemical leading to effects that are detrimental to an individual's physical and mental health, or the welfare of others.

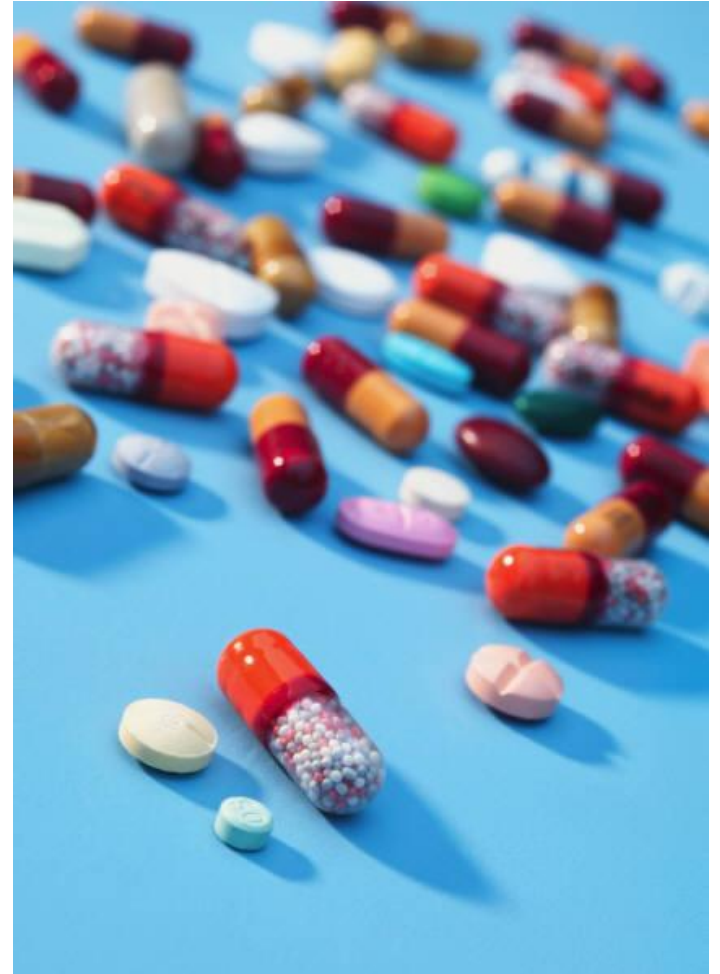




# What's considered a drug?

## drug

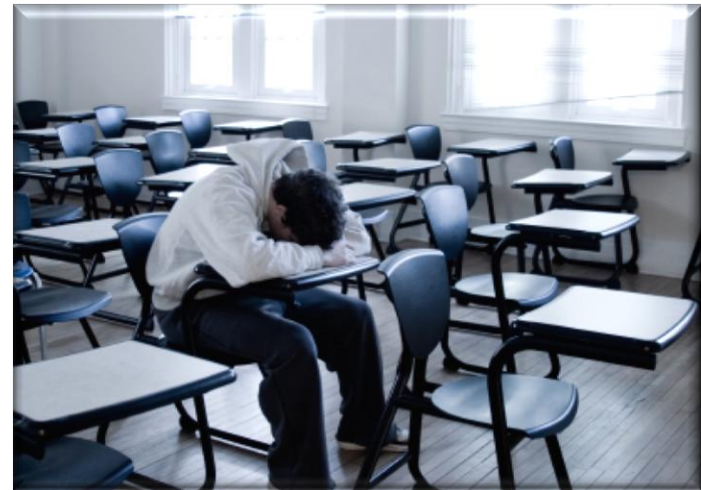
a psychoactive substance that people take to change the way they feel, think or behave. Some of these substances are called drugs, and others, like alcohol and tobacco, are considered dangerous but are not called drugs.



# Why do kids take drugs?

- ▶ Kids who are seeking novelty or excitement, to have a good time; they just want to join in common fun or to be “cool.”
- ▶ Kids who in some way or another are suffering and use drugs to try to make themselves feel better, or even normal.

Source: National Institute on Drug Abuse.



# Why does substance abuse exist?

- ▶ Initially a person takes drugs hoping to change their mood, perception or emotional state.
- ▶ Drugs of abuse engage systems in the motivation and pleasure pathways of the brain.
- ▶ They are addictive.



# Types of Drugs

Type	Effect	Examples
Depressants	depress the central nervous system and reduce pain relieving stress, anxiety, and fear putting the person at ease	alcohol, heroin, morphine, codeine, methadone, barbiturates, tranquilizers, inhalants such as glue, paint thinner, and hair spray, ecstasy, and marijuana
Stimulants	elevate the mood, producing feelings of excitement, feeling good, and euphoria	cocaine, amphetamines, methamphetamine, caffeine, nicotine, ecstasy, and marijuana
Hallucinogens	alter perceptual functions; users experience out of body experiences, misperceptions of reality, distortion, the mixes of senses – hearing colors and seeing sounds	LSD, PCP, mescaline, ecstasy and marijuana
Anabolic Steroids	promote growth of skeletal muscle and the development of male sexual characteristics	Testosterone, Dihydrotestosterone, Andro, DHEA, Clostebol, and Nandrolone



# Depressants



# Depressants

- ▶ Depress the central nervous system and reduce pain relieving stress, anxiety, and fear putting the person at ease
- ▶ Leading depressants:
  - Alcohol
  - Heroine
  - Inhalants
  - Marijuana (also a stimulant)

# What is alcohol?

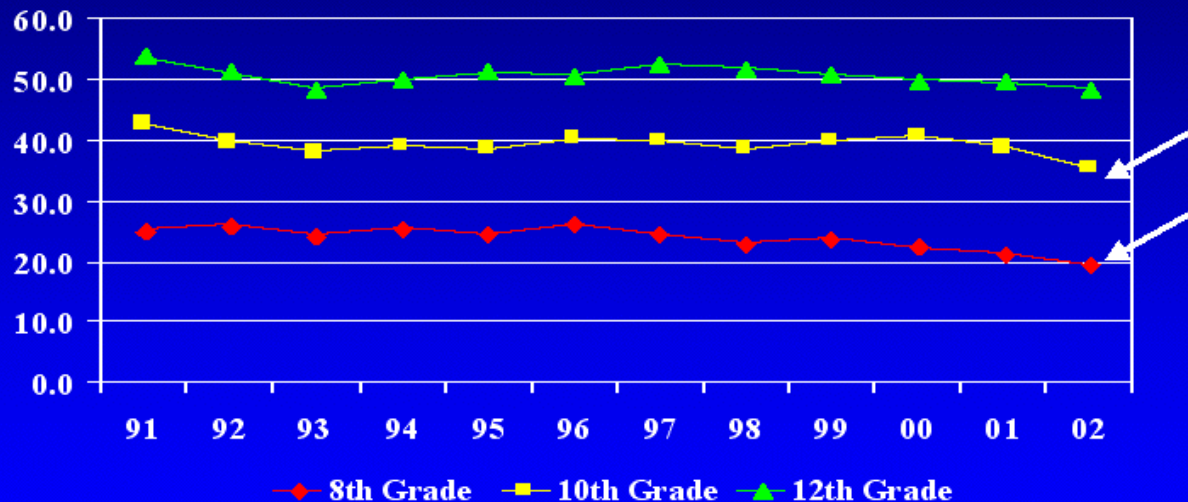
- ▶ An alcoholic beverage is a drink containing ethanol, commonly known as alcohol.
- ▶ Ethanol is a psychoactive drug that has a depressant effect.
- ▶ Alcoholic beverages are divided into three general classes:
  - Beers; 4–5% alcohol
  - Wines; 10–12% alcohol
  - Spirits; 30–50% alcohol





# Who's using alcohol?

## Percent of Students Reporting Use of Alcohol in Past Month, by Grade



People who begin drinking before age 15 are 4 times more likely to develop alcoholism than those who begin at age 21.

Source: National Institute on Drug Abuse.

# Short-term Effects of Alcohol

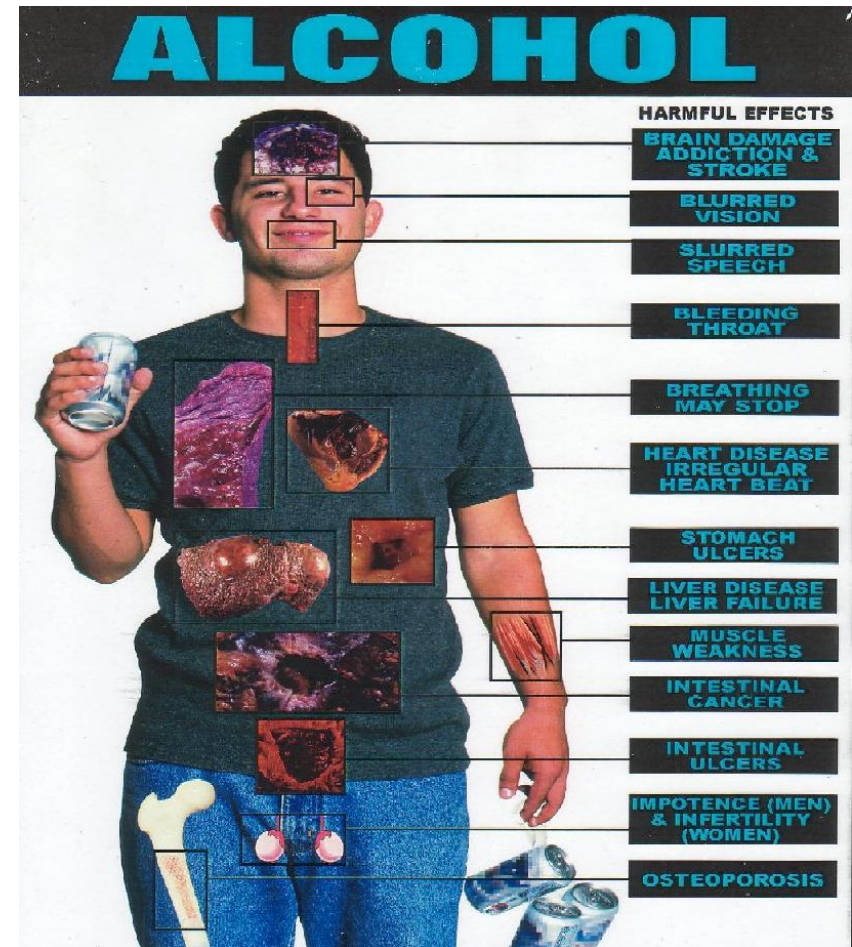
- ▶ Drinking alcohol leads to:
  - Loss of coordination
  - Poor judgment
  - Slowed reflexes
  - Distorted vision
  - Memory lapses
  - Blackouts
  - Lowered inhibitions



# Long-term Effects of Alcohol

## ▶ Drinking alcohol can lead to:

- Weight gain
- Liver disease
- Pancreatic disease
- Cardiovascular disease
- Neurologic disorders
- Reproductive disorders
- Cancer
- Psychiatric issues
- Death



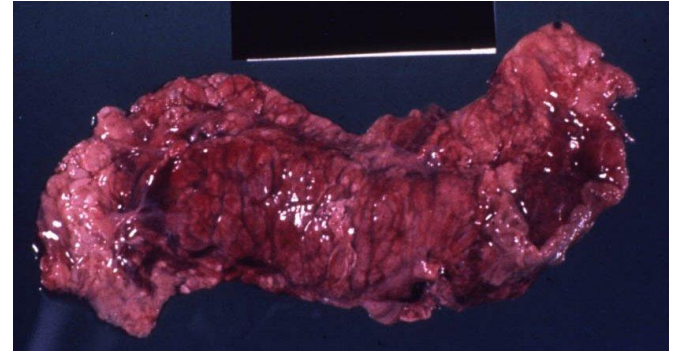


# Do you really want this?

Death, caused by drunk driving.



Bleeding Pancreas of an Alcoholic, he's now dead!



Liver Failure caused by alcoholism.



36 year old, sores caused by diabetes and alcohol abuse.



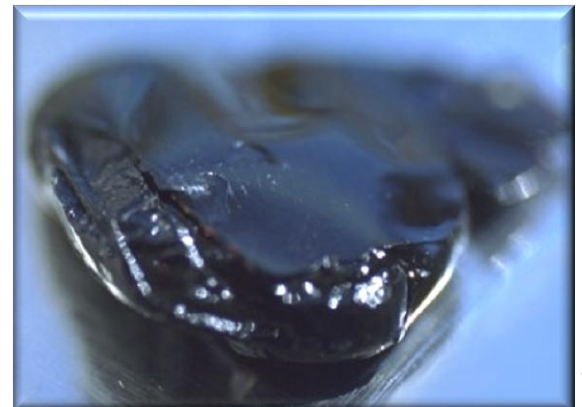
# Concluding Facts About Alcohol!

- ▶ Alcohol is a contributing factor in at least half of all murders, suicides, and car accidents.
- ▶ Heavy drinking along with drunk driving increases your chances of serious injury or death.
- ▶ Heavy drinking along with sex increases your chances of getting a sexually transmitted disease (STD) and HIV or AIDS.
- ▶ Heavy drinking is also linked with physical fighting, destroyed property, school and job problems, and trouble with law enforcement authorities.
- ▶ It's not worth it!



# What is heroin?

- ▶ Heroin is a highly addictive and rapidly acting drug that is derived from the seeds of the opium poppy.
- ▶ Heroin is generally sold as a powder that is white in color. color. It can also be sold as a “black tar” that may be sticky or hard to the touch.
- ▶ Heroin is injected, snorted, or smoked.



# Who's using heroin?

- ▶ Individuals of all ages use heroin.
- ▶ Heroin use among high school students is a particular problem.
- ▶ Nearly 2% percent of high school seniors in the United States have used heroin at least once in their lifetime, and nearly half of those injected the drug.

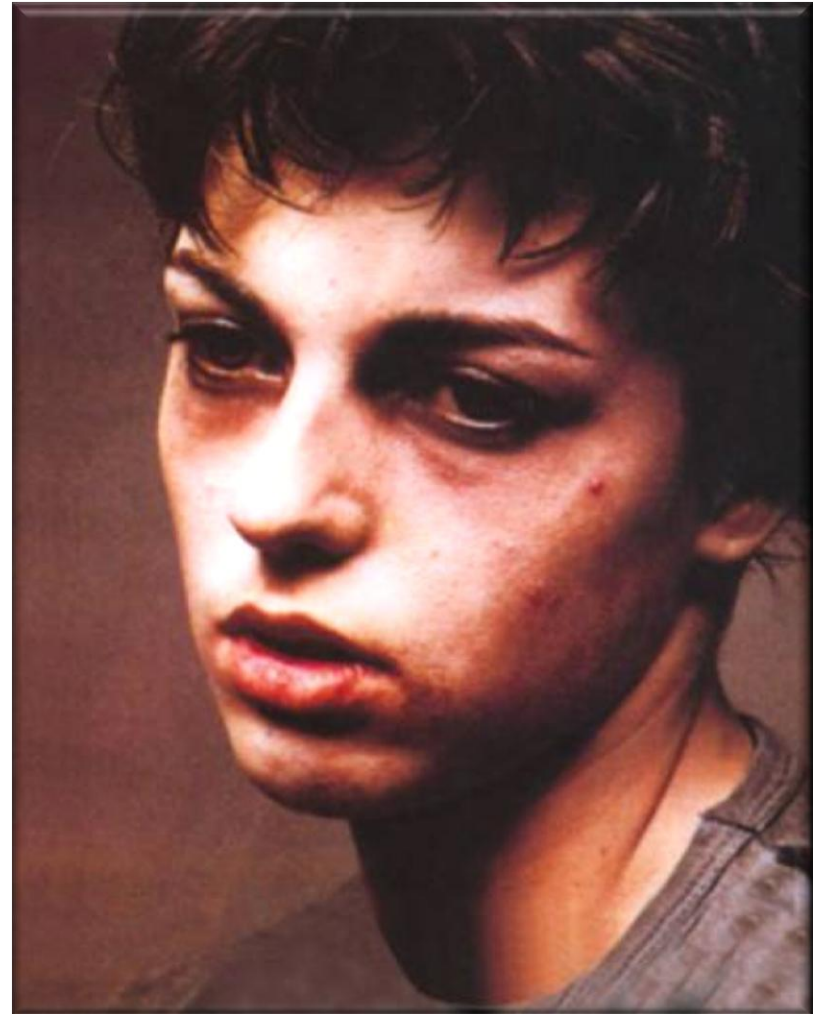
Source: University of Michigan





# Short-term Effects of Heroin

- ▶ Heroin use leads to:
  - Warm flushing of the skin
  - Dry mouth
  - Heavy extremities
  - Cloudy mind
  - Slurred speech
  - Slow gait
  - Constricted pupils
  - Droopy eyelids
  - Impaired night vision
  - Vomiting
  - Constipation



# Long-term Effects of Heroin

- ▶ Heroin use can lead to:
  - Collapsed veins
  - Infection of the heart
  - Abscesses
  - Cellulites
  - Liver disease
  - Pneumonia
  - Physical addiction
  - Death



# Concluding Facts About Heroin!

- ▶ Heroin is highly addictive.
- ▶ The number of heroin overdoses in the US in a typical year is about 2,000.
- ▶ Heroin addicts spend between \$150 to \$200 per day to maintain addiction.
- ▶ It's not worth it!



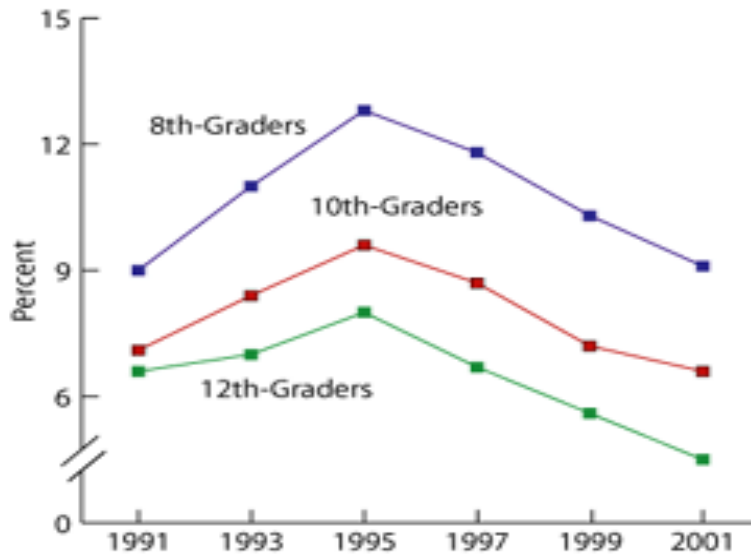
Heroin overdose at 17, now she is a vegetable. Her mother says she wasn't an addict, she just got in with the wrong crowd and was experimenting.

# What are inhalants?

Chemicals that are “huffed” or “sniffed” like paint thinners, gasoline, glue, butane lighters, propane tanks, aerosol sprays, nail polish remover, etc.



# Who's using inhalants?



Source: University of Michigan, 2001 Monitoring the Future Study

First and heaviest use seems to be among pre-teen and teens (usually males between the ages of 13 and 15), with continued use on specific occasions (such as rave parties and during sexual encounters) by older teens and young adults in their 20s.



# Short-term Effects of Inhalants

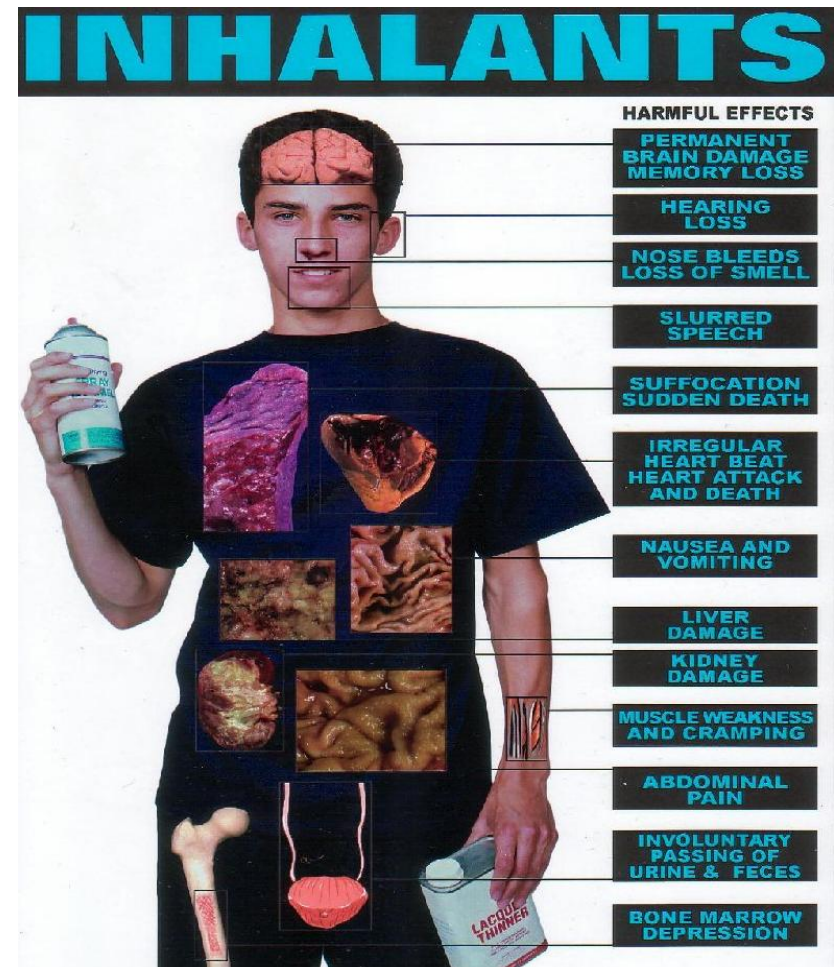
- ▶ Inhalant use leads to:
  - Slurred speech
  - Violence
  - Excitability
  - Poor memory
  - Lack of concentration
  - Inflamed nose, nose bleeds
  - Red, glassy, watery eyes
  - Diarrhea
  - Nausea
  - Irregular or unsteady walk
  - Lack of motor coordination



# Long-term Effects of Inhalants

## ▶ Inhalant use can lead to:

- Brain impairment
- Liver impairment
- Kidney impairment
- Lung damage
- Heart failure
- Hearing loss
- Suffocation
- Hallucinations
- Mental disturbance
- Death





# Concluding Facts About Inhalants!

- ▶ One on five students in America has used an inhalant to get high by the time he or she reaches the eighth grade.
- ▶ Users can suffer from *Sudden Sniffing Death Syndrome*. This means the user can die the 1st, 10th or 100th time he uses an inhalant.
- ▶ It's not worth it!

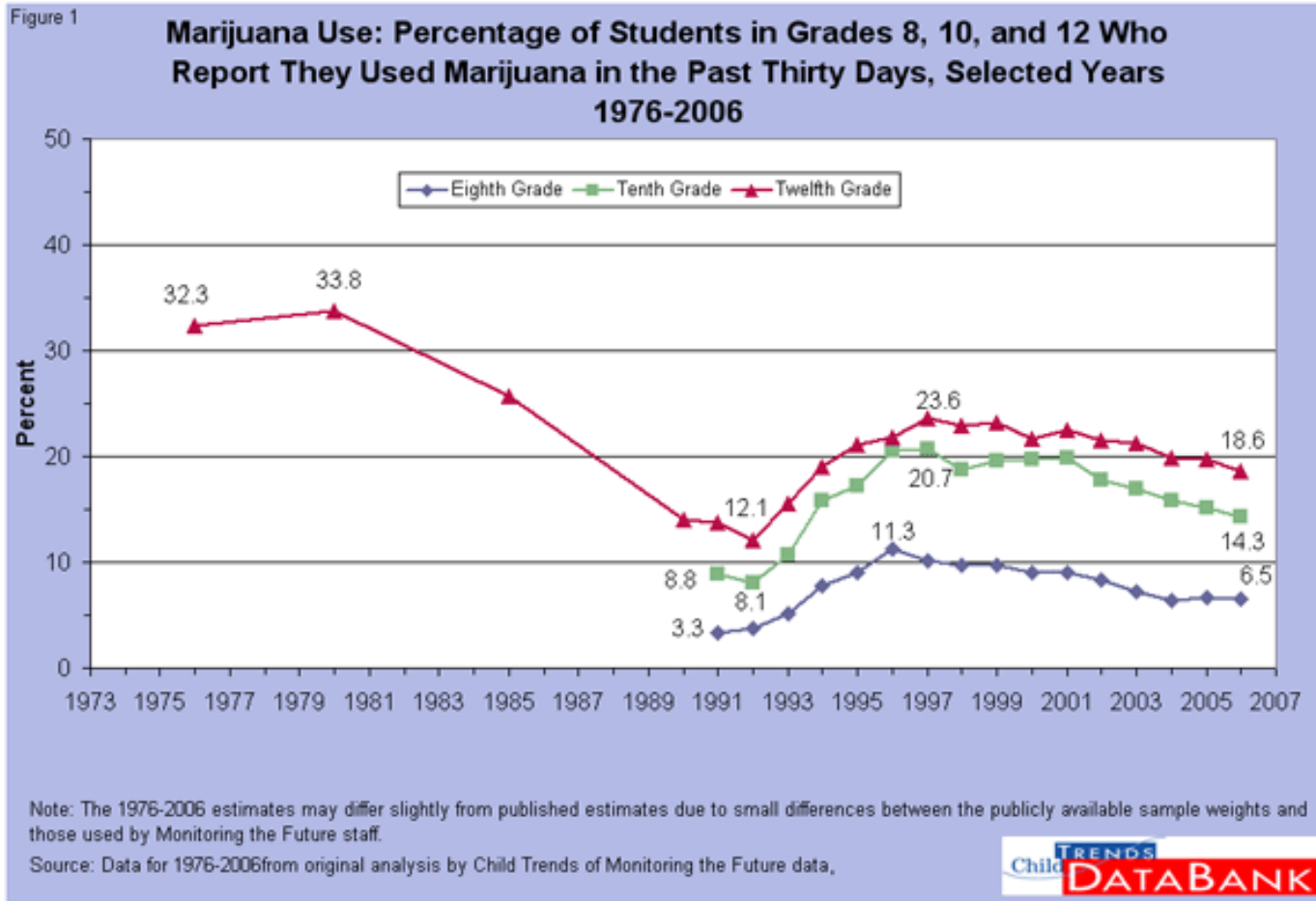


# What is marijuana?

- ▶ The dried greenish-brown leaves, stems, and flowers of the cannabis sativa plant family.
- ▶ The main psychoactive ingredient is THC.
- ▶ Usually smoked but can be eaten.
- ▶ Effects of a depressant and stimulant can be experienced.



# Who's using marijuana?



**Marijuana is the most commonly used illicit drug**

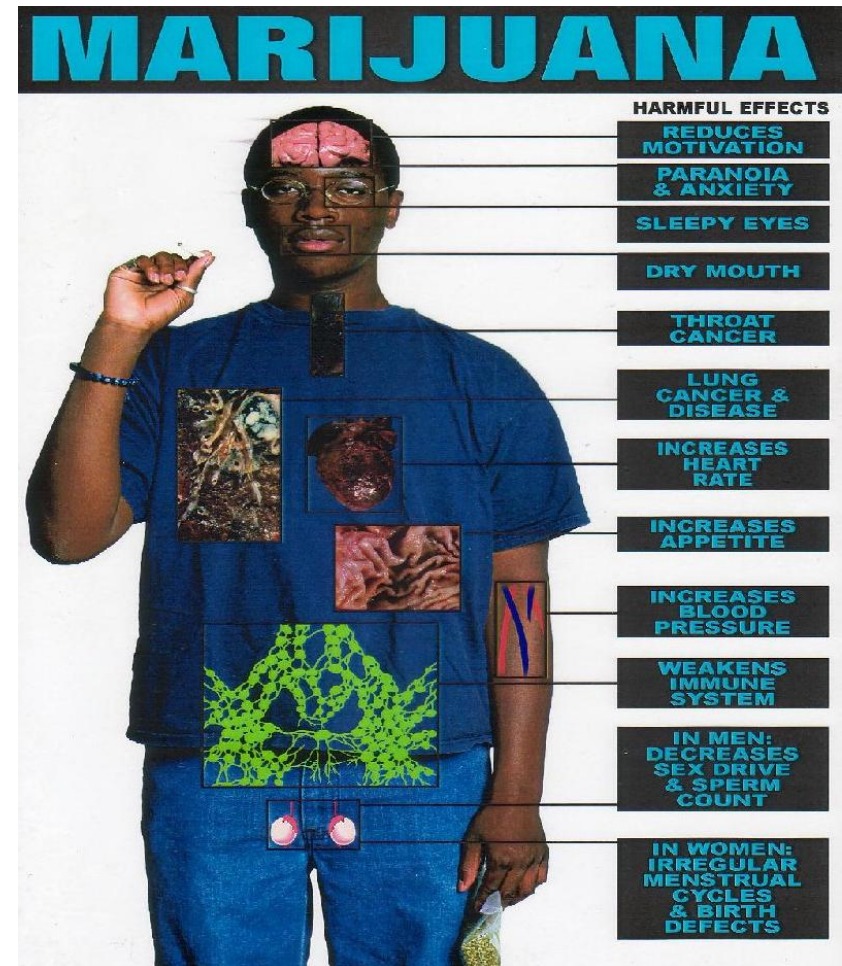
# Short-term Effects of Marijuana

- ▶ Marijuana use leads to:
  - Dry mouth
  - Nausea
  - Headache
  - Decreased coordination
  - Increased heart rate
  - Reduced muscle strength
  - Increased appetite and eating



# Long-term Effects of Marijuana

- ▶ Marijuana use can lead to:
  - Throat cancer
  - Lung cancer
  - Lung disease
  - Infertility





# Concluding Facts About Marijuana!

- ▶ Marijuana is readily available among young people.
- ▶ Marijuana use is three times more likely to lead to dependence among adolescents than adults.
- ▶ The amount of tar inhaled and the level of carbon monoxide absorbed are 3–5 times greater than cigarette smokers.
- ▶ It's not worth it!



# Stimulants





# Stimulants

- ▶ Elevate the mood, producing feelings of excitement, feeling good, and euphoria
- ▶ Leading stimulants:
  - Methamphetamine
  - Cocaine
  - Tobacco
  - Club Drugs (can also be a depressant)

# What is methamphetamine?

- ▶ Methamphetamine is a white, odorless, bitter-tasting crystalline powder.
- ▶ Methamphetamine comes in many forms and can be smoked, snorted, orally ingested, or injected. The drug alters moods in different ways, depending on how it is taken.



# Who's using methamphetamine?

**Methamphetamine Prevalence of Abuse  
Monitoring the Future Survey, 2007**

	<b>8th Grade</b>	<b>10th Grade</b>	<b>12th Grade</b>
<b>Lifetime</b>	1.8%	2.8%	3.0%
<b>Past Year</b>	1.1	1.6	1.7
<b>Past Month</b>	0.6	0.4	0.6

Source: National Institute on Drug Abuse.

According to the 2005 National Survey on Drug Use and Health (NSDUH), an estimated 10.4 million people age 12 or older (4.3 percent of the population) have tried methamphetamine at some time in their lives.

# Short-term Effects of Meth

- ▶ Meth use leads to:
  - Twitching; and itching, picking and scratching
  - Tremors of the hands and fingers
  - Speeding up of bodily functions, including elevated breathing rate, body temperature, blood pressure, sweating rate and heartbeat
  - Sleep problems, reduced appetite, dilated pupils, dry mouth, stomach cramps, nausea, dizziness, blurred vision and headaches
  - Nervousness, anxiety, panic attacks and paranoia
  - Irritability, aggression and hostility
  - Hallucinations, paranoid delusions and bizarre behavior



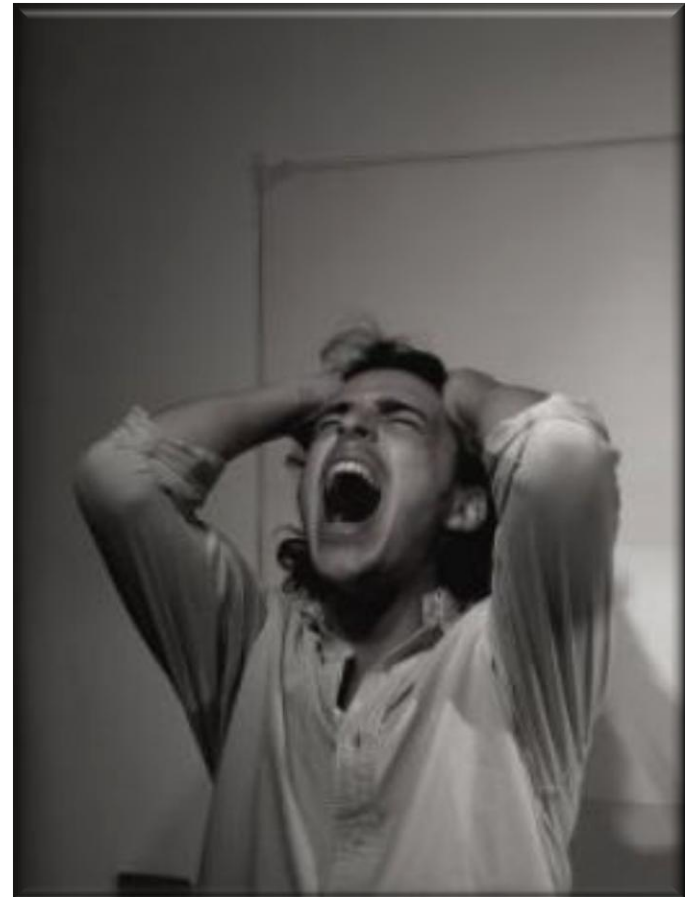
# Long-term Effects of Meth

- ▶ Meth use can lead to:
  - High blood pressure
  - Heart problems
  - Malnutrition
  - Sleeping problems
  - Depression and paranoia
  - Brain damage
  - Dental problems
  - Death



# Concluding Facts About Meth!

- ▶ Methamphetamine kills by causing heart failure, brain damage and stroke.
- ▶ Methamphetamine users are considered the hardest type of addicts to treat.
- ▶ Each new rush diminishes in intensity until the user no longer gets high from using...but the cravings don't stop.
- ▶ It's not worth it!



# What is cocaine?

- ▶ Cocaine is white powder derived from *Erythroxylon coca*, a densely-leaved plant native to South America.
- ▶ Cocaine is the world's most powerful naturally occurring stimulant.
- ▶ Cocaine may be snorted, smoked, or injected.



# Who's using cocaine?

**Percent of Students Reporting Cocaine Use, 2006–2007**

	8th Grade		10th Grade		12th Grade	
	2006	2007	2006	2007	2006	2007
<b>Past month</b>	1.0%	0.9%	1.5%	1.3%	2.5%	2.0%
<b>Past year</b>	2.0	2.0	3.2	3.4	5.7	5.2
<b>Lifetime</b>	3.4	3.1	4.8	5.3	8.5	7.8

Source: National Institute on Drug Abuse.

According to the 2006 National Survey on Drug Use and Health, approximately 35.3 million Americans aged 12 and older had tried cocaine at least once in their lifetimes, representing 14.3% of the population aged 12 and older.



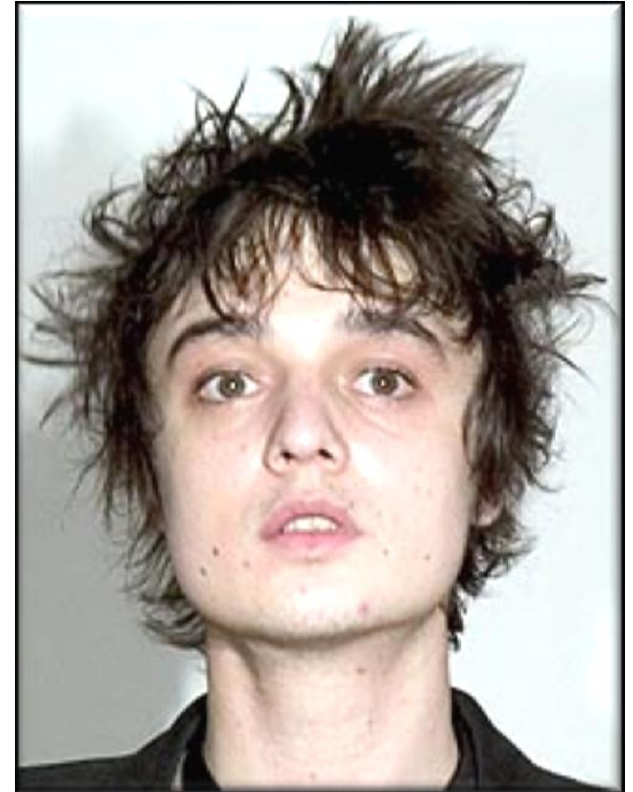
# Short-term Effects of Cocaine

- ▶ Cocaine use leads to:
  - Dilated pupils
  - Increased heart rate
  - Restlessness
  - Anxiety
  - Increased temperature
  - Insomnia
  - Loss of appetite
  - Increased blood pressure



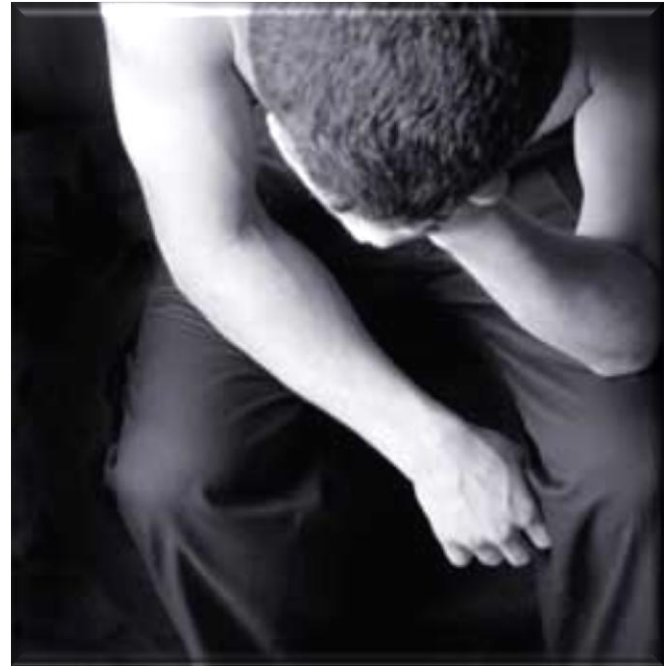
# Long-term Effects of Cocaine

- ▶ Cocaine use can lead to:
  - Addiction
  - Irritability and mood disturbances
  - Restlessness
  - Paranoia
  - Auditory hallucinations
  - Disturbances in heart rhythm
  - Heart attacks
  - Chest pain
  - Respiratory failure
  - Strokes
  - Seizures and headaches
  - Abdominal pain
  - Nausea
  - Death



# Concluding Facts About Cocaine!

- ▶ 300 million tons of cocaine are used in the US per year.
- ▶ Cocaine kills about 4 people per week in the US.
- ▶ It's not worth it!



# What is tobacco?

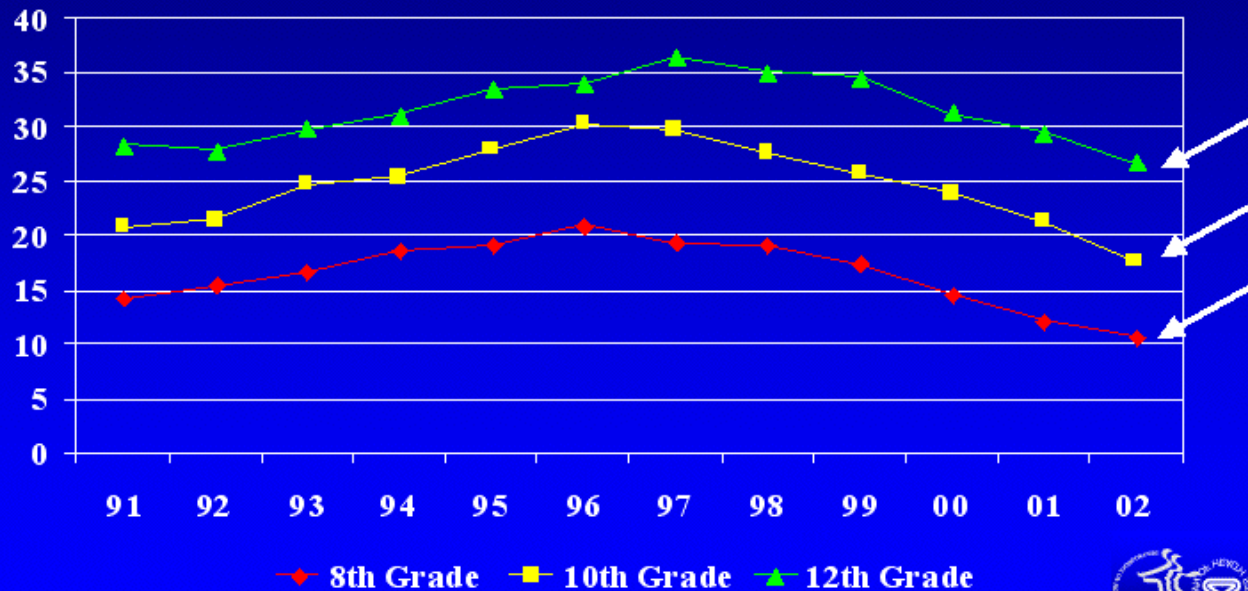
- ▶ Tobacco is an agricultural product processed from the fresh leaves of plants in the genus *Nicotiana*.
- ▶ Leaves of the tobacco plant are dried and prepared for smoking or ingestion.
- ▶ Tobacco contains nicotine, an addictive drug.





# Who's using tobacco?

## Percent of Students Reporting Smoking Cigarettes in Past Month, by Grade



Worldwide, one in five teens age 13 to 15 smoke cigarettes

# Short-term Effects of Tobacco

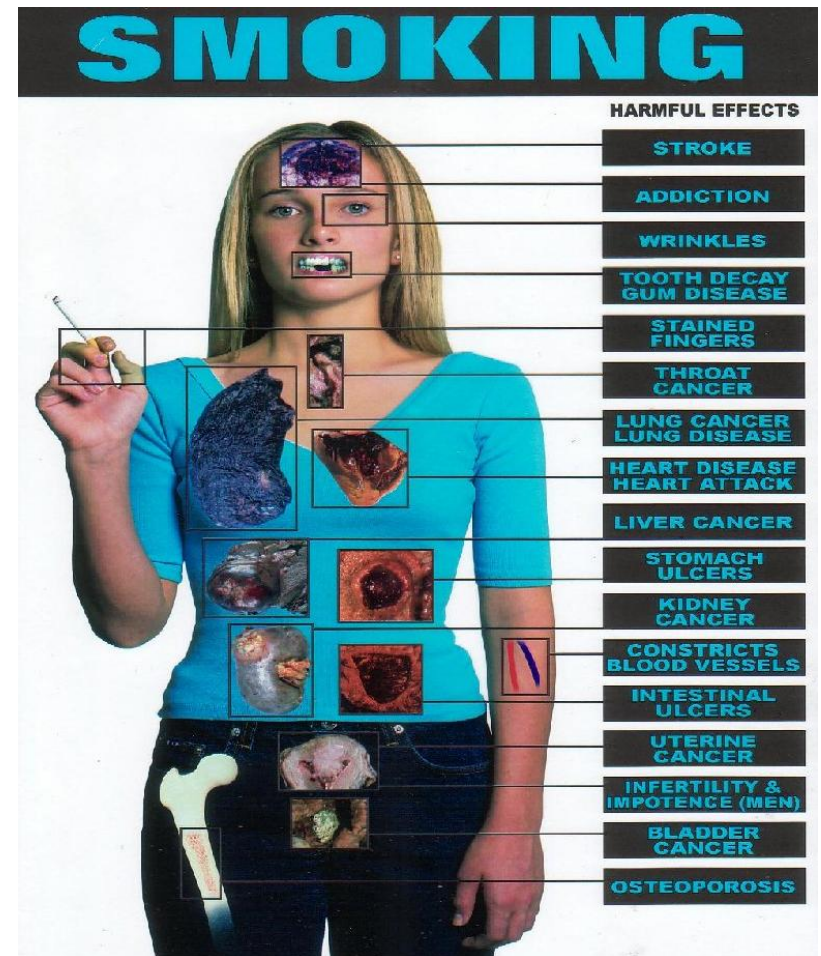
- ▶ Tobacco use leads to:
  - Increased blood pressure
  - Increased heart rate
  - Reduced oxygen in blood
  - Rise in carbon monoxide



# Long-term Effects of Tobacco

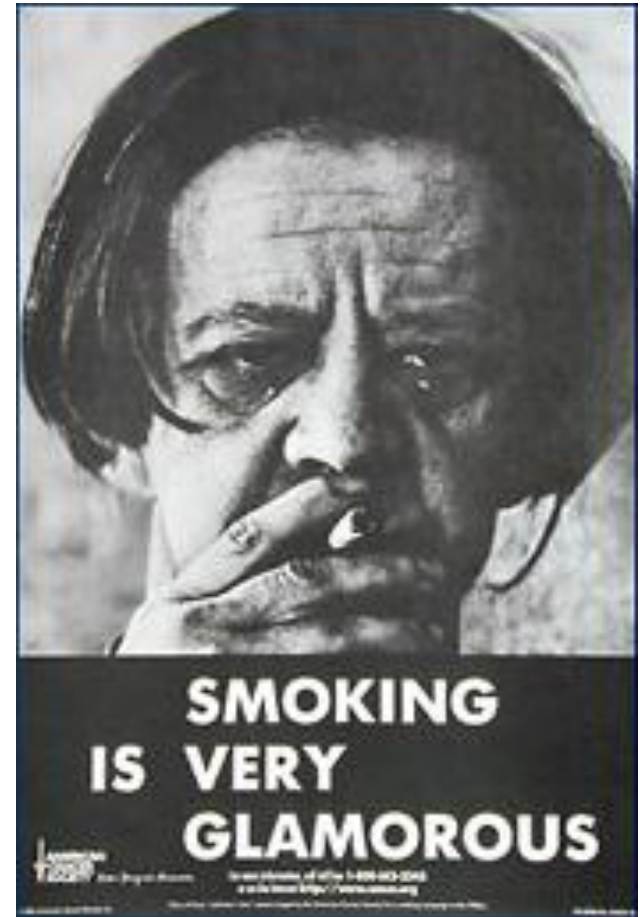
► Tobacco use can lead to:

- Stroke
- Throat cancer
- Lung cancer
- Lung disease
- Heart disease
- Liver cancer
- Kidney cancer
- Bladder cancer
- Death



# Concluding Facts About Tobacco!

- ▶ Kids are picking up smoking at the alarming rate of 3,000 a day in the U.S., and 80,000 to 100,000 a day worldwide.
- ▶ Half of all long-term smokers will die a tobacco-related death.
- ▶ Every eight seconds, a human life is lost to tobacco use somewhere in the world.
- ▶ It's not worth it!





# What is ecstasy (club drugs)?

- ▶ Ecstasy is the name for MDMA.
- ▶ MDMA is a drug that has stimulant, hallucinogenic and mood-improving qualities.
- ▶ Ecstasy is almost always swallowed in 60 to 120 mg pills.



# Who's using ecstasy?

## **Ecstasy Use by Students, 2000: Monitoring the Future Study**

	<b>8th-Graders</b>	<b>10th-Graders</b>	<b>12th-Graders</b>
<b>Ever Used</b>	4.3%	7.3%	11.0%
<b>Used in Past Year</b>	3.1%	5.4%	8.2%
<b>Used in Past Month</b>	1.4%	2.6%	3.6%

Source: National Institute on Drug Abuse.

# Short-term Effects of Ecstasy

- ▶ Ecstasy use leads to:
  - Dilated pupils
  - Increased blood pressure
  - Increased heart rate
  - Loss of appetite
  - Feeling anxious
  - Confusion
  - Muscle tension
  - Teeth clenching
  - Nausea
  - Blurred vision
  - Dehydration
  - Increased body temperature



# Long-term Effects of Ecstasy

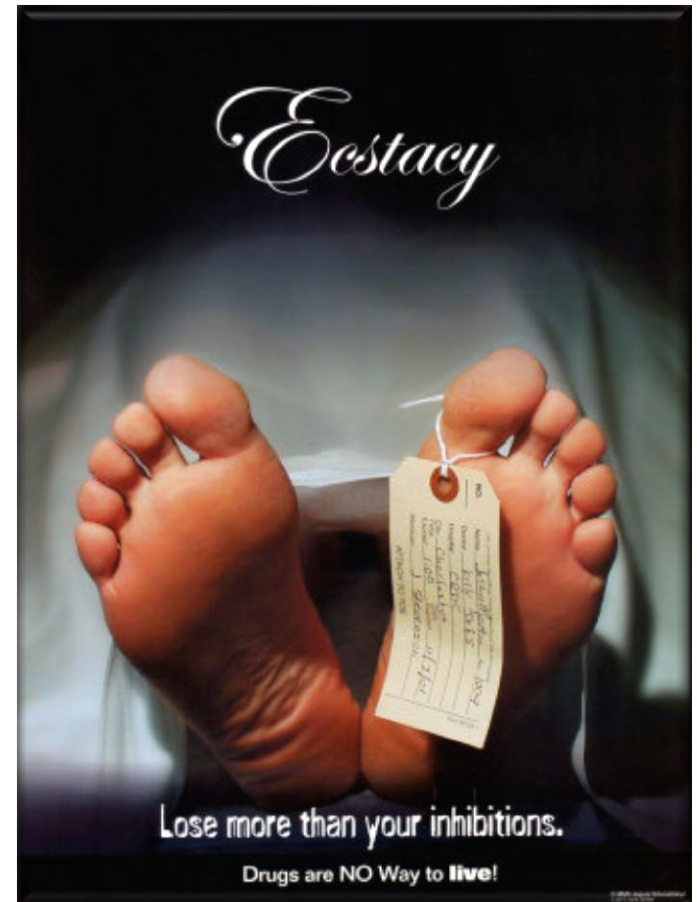
- ▶ Ecstasy use can lead to:
  - Brain damage
  - Paranoia
  - Lung failure
  - Liver damage
  - Kidney damage
  - Death





# Concluding Facts About Ecstasy!

- ▶ No one knows how many times a person can use ecstasy before becoming addicted.
- ▶ Ecstasy and cocaine now claim nearly 300 lives a year, an increase of over 1,200 per cent since figures were first recorded in 1993.
- ▶ It's not worth it!



# Hallucinogens



# What are hallucinogens?

- ▶ A diverse group of drugs that alter perceptions, thoughts, and feelings.
- ▶ Hallucinogenic drugs include LSD, mescaline, PCP, and psilocybin (magic mushrooms).
- ▶ Hallucinogens can be taken orally, injected, smoked, or sniffed.



# Who's using hallucinogens?

Percent of Students Reporting Hallucinogen Use, 2006-2007

	8th Grade		10th Grade		12th Grade	
	2006	2007	2006	2007	2006	2007
Past month	0.9%	1.0%	1.5%	1.7%	1.5%	1.7%
Past year	2.1	1.9	4.1	4.4	4.9	5.4
Lifetime	3.4	3.1	6.1	6.4	8.3	8.4

Source: National Institute on Drug Abuse.

Approximately 35.3 million Americans aged 12 or older reported trying hallucinogens at least once during their lifetimes, representing 14.3% of the population in that age group.

# Short-term Effects of Hallucinogens

- ▶ Hallucinogen use leads to:
  - Rapidly changing feelings
  - Hallucinations
  - Dizziness, confusion
  - Suspicion
  - Anxiety
  - Loss of control





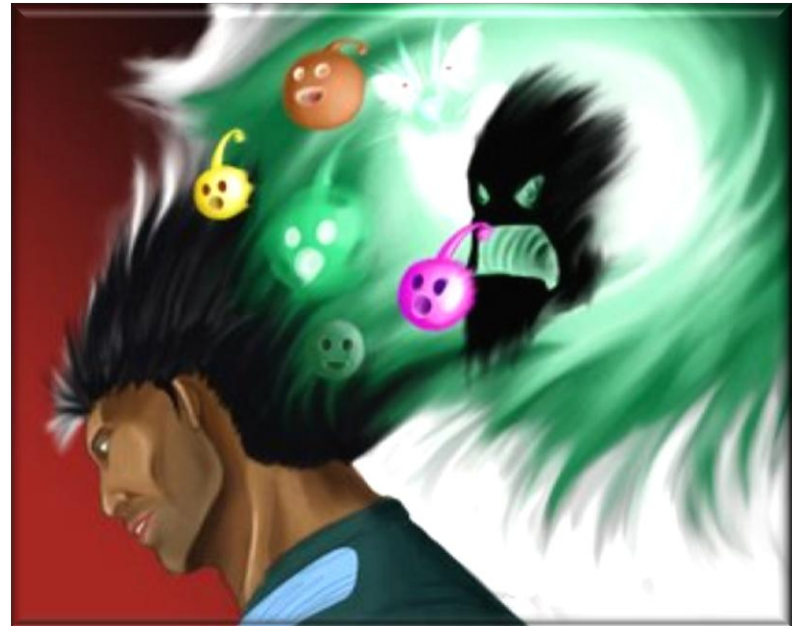
# Long-term Effects of Hallucinogens

- ▶ Hallucinogen use can lead to:
  - Flashbacks
  - Schizophrenia
  - Severe depression
  - Death



# Concluding Facts About Hallucinogens!

- ▶ One use of hallucinogens may cause multiple and dramatic behavioral changes and/or irreversible brain damage.
- ▶ Effects of the drugs, including hallucinations, can occur weeks, months, and even years after use.
- ▶ It's not worth it!



# Steroids



# What are anabolic steroids?

- ▶ A group of synthetic hormones that promote the storage of protein and the growth of tissue, sometimes used by athletes to increase muscle size and strength.
- ▶ Some anabolic steroids are taken orally, others are injected intramuscularly, and still others are provided in gels or creams that are rubbed on the skin.



# Who's using steroids?

Anabolic Steroid Use by Students 2006 Monitoring the Future Survey			
	8th graders	10th graders	12th graders
Lifetime	1.6%	1.8%	2.7%
Past year	0.9	1.2	1.8
Past month	0.5	0.6	1.1

Source: National Institute on Drug Abuse.

According to the Monitoring the Future Survey by The University of Michigan, in 2006, 2.7% of high school seniors reported they had tried steroids at least once in their lifetime.



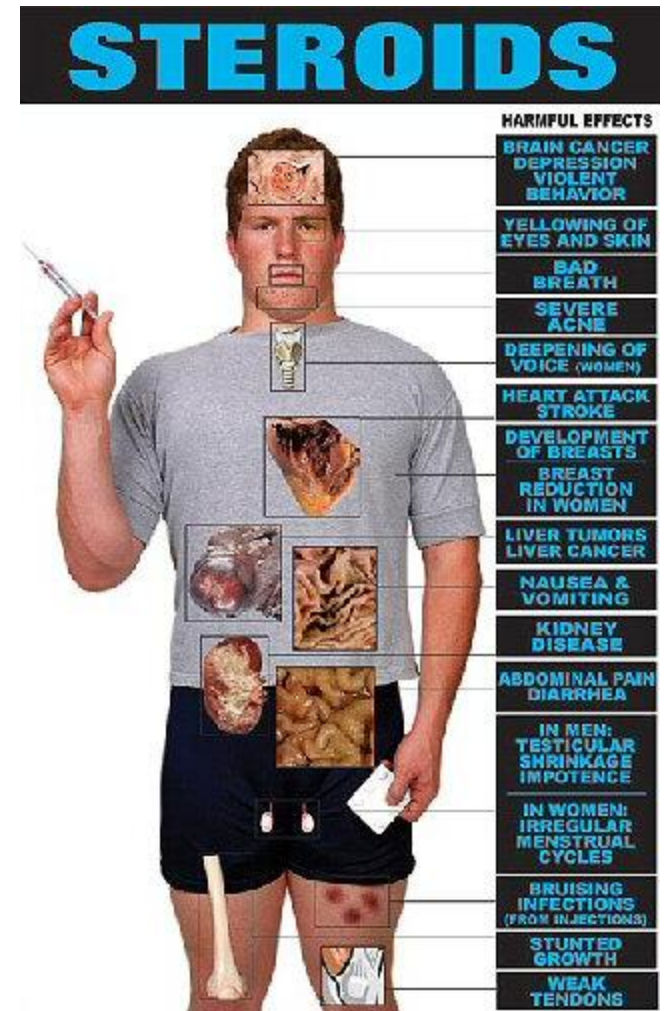
# Short-term Effects of Steroids

- ▶ Steroid use leads to:
  - Acne
  - Fluid retention
  - Rapid weight gain
  - Increased blood pressure
  - Increased cholesterol levels
  - Insomnia
  - Headaches
  - Swelling of feet and ankles



# Long-term Effects of Steroids

- ▶ Steroid use can lead to:
  - Blood clotting difficulties
  - Heart attacks
  - Clotting disorders
  - Cardiovascular damage
  - Liver damage
  - Reproductive organ damage
  - Stunted growth in adolescents



# Concluding Facts About Steroids!

- ▶ You may become psychologically dependent on anabolic steroids.
- ▶ Steroids have been reported to increase a person's aggressiveness or lead them to become more violent.
- ▶ Abuse of anabolic steroids can lead to serious health problems, some of which are irreversible.
- ▶ It's not worth it!





# Prescription Drugs



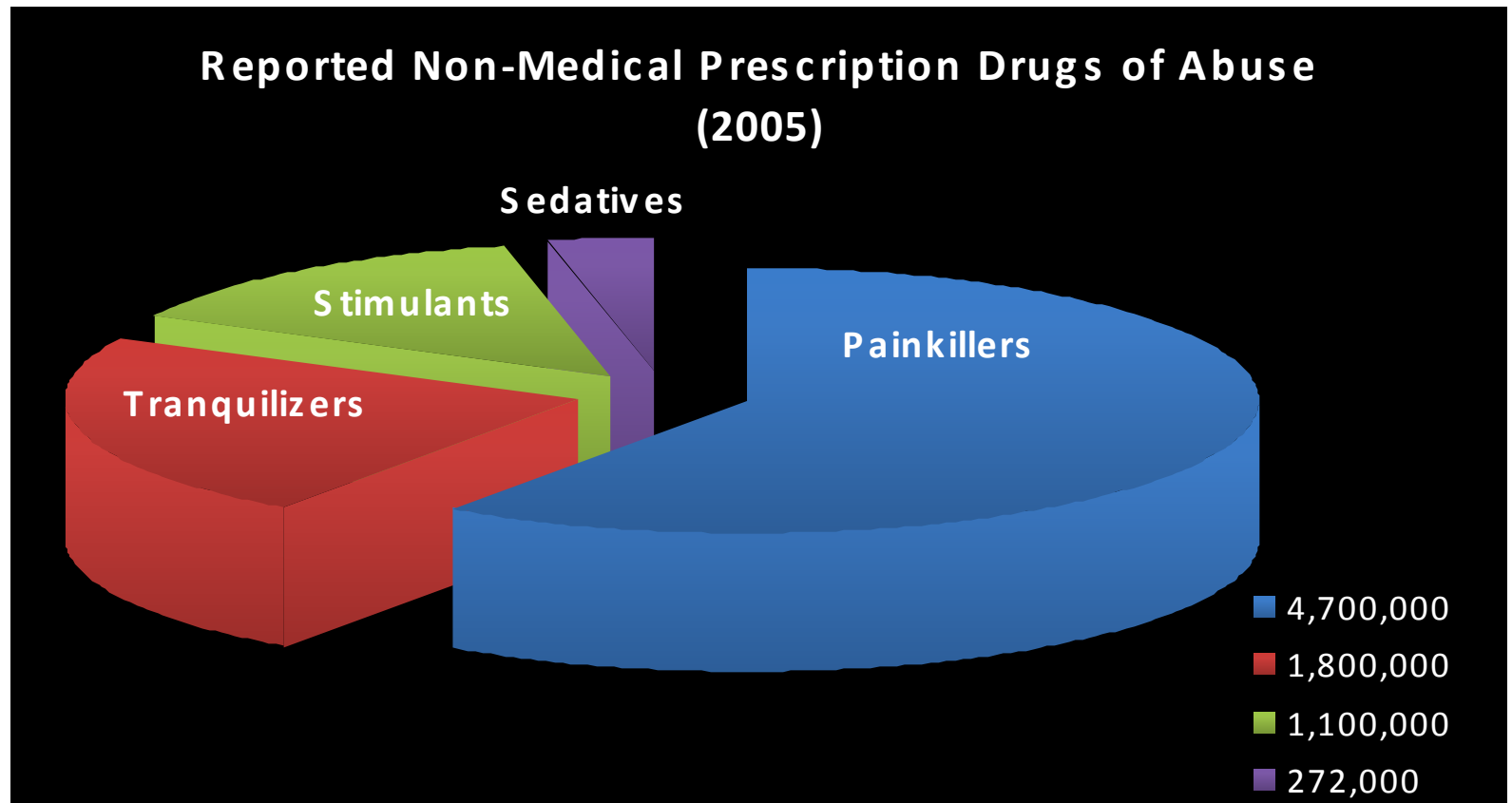
# Prescription drugs misuse: A concerning trend

While most people take prescription medications responsibly for the reasons in which the medications were prescribed, there has been an increasing trend in non-medical use of pharmaceuticals.





# Painkillers are the most abused



(Substance Abuse and Mental Health Services Administration [SAMHSA], 2005)

# Warning signs of potential prescription drug abuse

- ❑ You take more pain medication than your doctor has prescribed.
- ❑ You request prescriptions from multiple doctors.
- ❑ You use alcohol or other medications to increase the effects of the pain medication.
- ❑ You take pain medication to deal with other problems, such as anxiety or stress.
- ❑ Your doctor, friends or loved ones express concern about your use of pain medication.

(The Mayo Clinic, 2006)

# Cost of Substance Abuse



# Human Life Costs

- ▶ One in four US deaths can be attributed to alcohol, tobacco, or illicit drug use.
- ▶ 430,700 deaths annually are associated with smoking.
- ▶ 100,000 deaths annually are associated with excessive alcohol use.
- ▶ 16,000 deaths annually are due to illicit drug use.



# Economic Costs

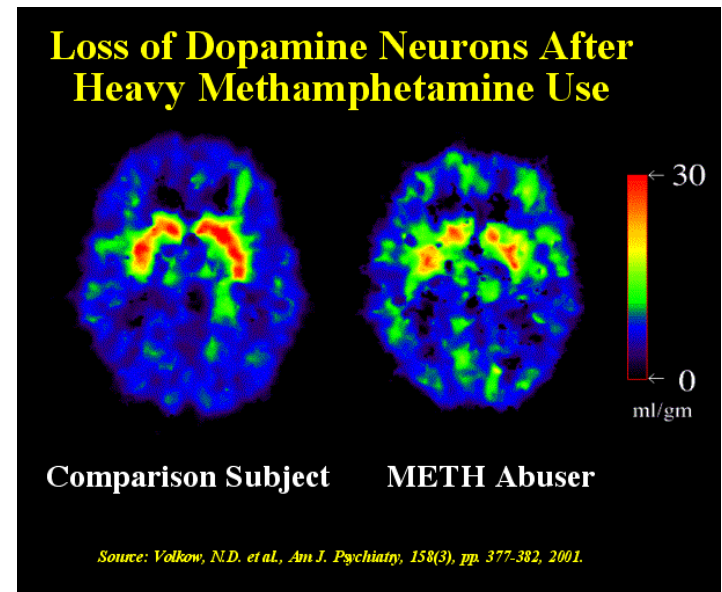
- ▶ Substance abuse costs US \$414 billion annually.
- ▶ Alcohol abuse costs nearly \$166 billion annually.
- ▶ 527,000 ER visits annually by illicit drug users.
- ▶ One out of every 14 healthcare dollars is spent on smoking-related illnesses.
- ▶ Employees with alcohol abuse spend twice as much in healthcare as those that don't.





# Quality of Life Costs

- ▶ Faith deteriorates
- ▶ Relationships deteriorate
- ▶ Bodies deteriorate
- ▶ Brains deteriorate
- ▶ Hope deteriorates





# What it's like in her life, in her own words...

**“My name is Mechelle,  
I am a thirty seven year old  
woman, recovering from twenty  
years of drug abuse. When I  
made it to court, I was living at  
the animalistic level – no home,  
no income, no job, no car, no  
confidence and no hope....”**

DEC 26 1996  
CIRCUIT COURT

my name is Mechelle,  
I am a ~~twenty~~ thirty seven year old  
woman, recovering from twenty years of  
drug abuse. When I made it to diversion  
court I was living at the animalistic level,  
no home, no income, no job, no car, no confidence  
and no hope.

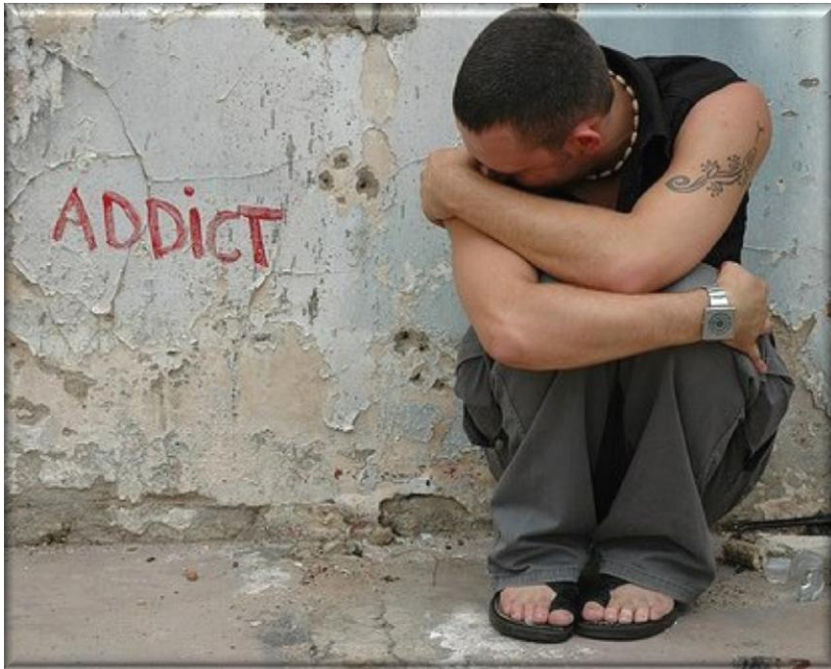
I was raised by the state of Calif  
since I was ten years old. I grew up  
with a great fear of courts and judges. At  
that time I saw my parents as a child, was  
at this young age in a courtroom. I would  
meet them at 10 yrs old. I was raised in  
numerous foster homes and the children's shelter  
in San Jose Ca. Throughout my childhood I  
was sexually, physically, and emotionally abused.  
When an adult foster home was caught abusing  
me, it had been going on for some time.  
I was four or five. They moved me out of the  
home immediately. They never told me I was the  
victim, they never protected me. They didn't  
explain anything to me. Instilling in me, I  
was the bad person. I was dirty. I wasn't any  
good. The abuse didn't stop. It  
continued throughout my childhood. My therapist  
has since told me, by then I had victims  
stamped on me, and predators picked up on that.  
My last foster home was physical abuse every  
day for years. I don't remember one day where  
I wasn't abused in that home. I would show  
the clinicians to my case worker. They never  
did anything to help. Further instilling into



You have to choose...

# Will you choose...

A life of addiction and pain...



...or a life of fullness and hope.

