

Prescription for Disaster: How Teens Abuse Medicine

A Presentation Provided By:

Get Smart About Drugs (A DEA Resource for Parents) and Communities of Practice.
Published June 2010.

For presenters, the following information is provided in addition to the title slide:

Welcome to DEA's Get Smart About Drugs presentation about how teens abuse medicine.

Introduce yourself, tell audience the organization you work for, etc.

My name is _____, and I work with _____.

This presentation is a supplement to Prescription for Disaster: How Teens Abuse Medicine, a full-color guide available for download at <http://www.getsmartaboutdrugs.com> that helps parents understand and identify the current medications teens are abusing. An invaluable resource for parents, "Prescription for Disaster" presents prescription drug basics, includes information about commonly abused drugs, lists steps parents can take to keep their teens drug free, and more. The pillbook is available for download on Get Smart About Drugs in both English and in Spanish at http://www.getsmartaboutdrugs.com/people_of_dea/prescription_for_disaster_how_teens_abuse_medicine.html.

Slide: What Is Get Smart About Drugs?

A screenshot of the Get Smart About Drugs website is shown alongside the following three points:

- An educational outreach and awareness website that helps parents and caregivers identify and prevent drug abuse
- Located at <http://www.getsmartaboutdrugs.com>
- Provides a number of resources parents can use to get help if they suspect their child has a problem with drugs.

The notes for presenters are as follow:

Get Smart About Drugs is an educational outreach and awareness website that helps parents and caregivers identify and prevent drug abuse. The website located at <http://www.getsmartaboutdrugs.com> also provides a number of resources parents can use to get help if they suspect their child has a problem with drugs.

The website features tools to help parents:

- Visually identify drugs
- Understand hidden dangers in their home
- Learn the signs of drug use
- Prevent drug abuse in their home
- Explore ways to talk to their children about drugs
- Find resources for getting help

Slide: Introduction

An image of the Prescription for Disaster booklet is shown alongside the following:

- Part I: Prescription and Over-the-Counter Drug Abuse
- Part II: Common Drugs of Abuse

Presenters are provided the following information:

Today we are going to talk about how teens abuse prescription and over-the-counter medications. The information I'm going to talk about today is adapted from the Drug Enforcement Administration's Get Smart About Drugs booklet: "Prescription for Disaster: How Teens Abuse Medicine."

The information we'll discuss today will be in two parts: The first part will provide some overall information and statistics about how teens abuse prescription and over-the-counter medications, how they obtain these medications and dependence issues.

The second part of the presentation will cover specific drugs that teens commonly abuse.

Slide: Drug Basics

- **Prescription drugs:** Any drug available only with authorization from a physician
- **Over-the-Counter (OTC) medication:** A drug that is sold without a prescription
- **Illicit drugs:** Drugs that are commonly known as illegal drugs like cocaine, heroin, methamphetamine, marijuana, etc.

The following notes are provided for presenters:

Can anyone tell me what a prescription drug is?

A prescription drug is any drug that is only available with authorization from a physician.

What about over-the-counter drugs? What are they?

An over-the-counter, or OTC, medication is a drug that is sold without a prescription.

Both kinds of drugs come with explicit instructions on how to use the drug, and these instructions should be followed to avoid adverse consequences. OTC drug labels contain information about ingredients, uses, warnings, and directions that are important to read and understand.

It's especially important to read the label every time you use a drug because they may change as new information about the drug becomes known.

How are prescriptions and over-the-counter medications different from illicit drugs – drugs that are commonly known as illegal drugs like cocaine, heroin, methamphetamine, marijuana, etc.

Slide: Part I: How Teens Abuse Medicine

- Prescription or over-the-counter medications are often teens' first introduction to getting high
- Some prescription drugs have the same potential for abuse, dependence, and addiction and share many of the same properties as street drugs
- Parents and teens don't know enough about the problem or dangers

Two sources are cited:

- U.S. Department of Health and Human Services; Substance Abuse and Mental Health Services Administration, 2008 National Survey on Drug Use and Health
- Partnership for a Drug Free America, 2008 Partnership Attitude Tracking Survey

Presenters are provided the following notes:

Until recently, many teens began their drug abuse with marijuana. Now many teens are using prescription or over-the-counter medications as their introduction to getting high.

Some of these medications are the same ones doctors use to help terminal cancer patients manage their pain. In fact, some prescription drugs have the same potential for abuse, dependence, and addiction and share many of the same properties as street drugs.

Many parents don't know enough about this problem, and many teens don't understand the dangers of using these medications to get high. Millions of teens are using medications to get high. Let's look at some recent survey data that supports this.

Slide: The Facts

This slide presents six facts from the 2009 Partnership Attitude Tracking Survey from the Partnership for a Drug Free America.

The facts are again provided in the notes for presenters as follow:

According to the Partnership for a Drug Free America's 2009 Partnership Attitude Tracking Survey:

- 20% of teens in grades 9-12 have abused a prescription medication at least once in their lives
- 15% of teens have abused a prescription pain reliever in the last year
- 8% of teens have reported over-the-counter cough medicine abuse
- More than half or 56% of teens in grades 9-12 believe prescription drugs are easier to get than illegal drugs
- 62% believe most teens get prescription drugs from their own family's medicine cabinets
- 63% believe prescription drugs are easy to get from their parent's medicine cabinet, up significantly from 56% in the 2008 study

Slide: Why Teens Use Prescription Drugs

- Escape boredom
- Peer pressure
- School/work/life balance
- The desire to have the "ideal" physical appearance

The slide cites <http://www.theantidrug.com>.

These points are expanded in the presenters' notes:

So, why do you think so many teens now turn to prescription drugs to get high?

Reasons experts give include:

- Escape and boredom: Teens may be bored with their lives and turn to drugs as an escape
- Peer pressure: They do it to fit in with their friends and boyfriends and girlfriends
- School/work/life balance: Teens who are struggling to keep up with schoolwork, compete for college admission, work, and participate in extracurricular activities may turn to prescription medication to help give them energy and keep them alert
- The desire to have the "ideal" physical appearance: Finally, some teens turn to drugs because they think the drugs will help them look the way they'd like to look

Can you think of any other reasons that teens may use prescription drugs to get high?

- Self-medicate to escape depression

Slide: Where Do Teens Get Medications?

- Friends

- Pharmacies
- Medicine cabinets
- Doctors
- Street dealers
- Internet

Source: Partnership for a Drug Free America's 2008 Partnership Attitude Tracking Survey.

The following information is provided for presenters:

Believe it or not, it's fairly easy for teens to obtain prescription and over-the-counter medications to get high. Teens can get them from friends, pharmacies, and the medicine cabinets in their homes. Doctors may prescribe them for an illness or condition, and teens may abuse them or give them to their friends. Because they're easily available, many kids are not getting medications from street dealers.

Prescription drugs can also be fairly easily obtained online. Let's talk more about drugs and the internet.

Slide: The Internet, Drugs, and Teens

A photo of a laptop computer is shown alongside the following:

The Internet is full of information about how to use prescription drugs to get high:

- How much to use
- Combining drugs
- What kind of high to expect

Source: "The Possible Dangers of Buying Medicine Over the Internet," U.S. Food and Drug Administration,

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm048396.htm>

The following is provided for presenters:

Many teens obtain illegal drugs, particularly prescription drugs, from their families, friends, or relatives. Since prescription drugs are widely available in the home, many teens do not have to go far to get high.

However, a number of teens turn to the Internet for prescription drugs and the world wide web plays a big role in providing information and advice to teens. Here are some things to consider.

The Internet is a tremendous resource for teens to learn about the dangers of drug abuse. However, it is also full of information about how to use prescription drugs to get

high – how much to use, what combinations work best, and what a user can expect to experience.

There are thousands of websites dedicated to the proposition that drug use is a rite of passage. So-called “experts” are more than happy to walk teens through a drug experience.

Slide: Internet Pharmacies

- “Rogue” pharmacies: Advertise drugs without a prescription or operate with the “approval” of a “doctor” working for a drug trafficking network.
- Parents should:
 - Monitor teens’ Internet activity
 - Check credit card and bank statements
 - Check packages delivered to the home

Source: “The Possible Dangers of Buying Medicine Over the Internet,” U.S. Food and Drug Administration,

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm048396.htm>

The following is provided for presenters:

Some pharmacies operating on the Internet are legal, and some are not. Some of the legal pharmacies have voluntarily sought certification as “Verified Internet Pharmacy Practice Sites” (VIPPS) from the National Association of Boards of Pharmacies.

“Rogue” pharmacies pretend to be authentic by operating websites that advertise powerful drugs without a prescription or operate with the “approval” of a “doctor” working for a drug trafficking network. Teens have access to these websites and are exposed to offers of prescription drugs through email spam or pop-ups.

Parents should monitor which sites their teens are visiting and should examine credit card and bank statements that may indicate drug purchases. Parents should also check packages delivered to the home.

Slide: Fact

Fact: Many teens believe prescription and OTC medications are safer than illicit drugs, but they are every bit as dangerous and every bit as illegal when used improperly.

Source: Partnership for a Drug Free America, 2008 Partnership Attitude Tracking Survey

For presenters, the notes are as follow:

Many teens believe prescription and OTC medications are safer than illicit drugs because they're "medicines" and can be obtained from doctors, pharmacies, friends, or family members instead of traditional "drug dealers."

But parents and teens need to understand that when over-the-counter and prescribed medications are used to get high, they are every bit as dangerous as illicit drugs. And when prescribed drugs are used by or distributed to individuals without prescriptions, they are every bit as illegal when used improperly.

Slide: Interactions

- **Drug-drug interactions:** Occur when two or more drugs react with each other; may cause unexpected side effects
- **Drug-condition interactions:** Occur when an existing medical condition makes certain drugs potentially harmful

Source: U.S. Food and Drug Administration, <http://www.fda.gov>

Notes for presenters follow:

What makes prescription and OTC drug abuse particularly dangerous are the interactions they can cause if not used according to the label or a healthcare practitioner's instructions. There are two types of interactions: drug-drug and drug-condition.

Drug-drug interactions occur when two or more drugs react with each other. This may cause you to experience an unexpected side effect. For example, mixing a drug you take to help you sleep and a drug you take for allergies can slow your reactions and make driving a car or operating machinery dangerous.

Drug-condition interactions may occur when an existing medical condition makes certain drugs potentially harmful. For example, if you have high blood pressure, you could experience an unwanted reaction if you take a nasal decongestant.

It's also important to recognize that everyone's metabolism and brain chemistry are different, and the same drugs can have very different effects on individuals. Experimenting with medicine to get high is extremely dangerous, and mixing drugs to get high can be deadly.

Slide: What Is Tolerance?

- Decreased sensitivity to the drug's effects after repeated use
- The user must take more of a drug and more often to achieve the desired effect
- Tolerant users can consume doses far larger than an average person can safely tolerate

Source: National Institute on Drug Abuse, <http://www.drugabuse.gov>

Notes for presenters follow:

When used as prescribed, prescription medications can be safe. However, with repeated use of certain types of medications, tolerance, and dependence develop.

Tolerance is a state in which a drug user becomes less sensitive to the drug's effects after repeated use. The user must take more of a drug and take it more often to achieve the same painkilling, sedating, or euphoric effect. Tolerant users can consume doses far in excess of the dose they started with or the dose an average person could safely tolerate.

Slide: What Is Physical Dependence?

- A state that develops as a result of repeated use of a drug
- Commonly known as addiction
- Chronic relapsing brain disease expressed in the form of compulsive behaviors
- Initial decision to use drugs is voluntary, but addiction compels a person to become obsessed with obtaining and abusing drugs despite the adverse health and life consequences
- Dependent person must consume a drug to prevent physical withdrawal syndrome

Source: National Institute on Drug Abuse, <http://www.drugabuse.gov>

Notes for presenters follow:

Physical dependence is a state that develops as a result of repeated use of a drug, which is commonly known as addiction. Addiction is a chronic relapsing brain disease expressed in the form of compulsive behaviors. The initial decision to use drugs is voluntary, but addiction compels a person to become obsessed with obtaining and abusing drugs despite the adverse health and life consequences. A dependent person must consume a drug to prevent withdrawal syndrome. Syndrome effects can range from mild to severely unpleasant, and even life threatening, depending on the drug and pattern of use.

Slide: What Is Psychological Dependence?

- Drug cravings that focus all of the person's thoughts and desires on obtaining and using the drug
- While physical dependence goes away in days or weeks after drug use, psychological dependence can continue for years

Source: Source: National Institute on Drug Abuse, <http://www.drugabuse.gov>

Notes for presenters follow:

Psychological dependence is marked by drug craving, an intense desire to take the drug, which can focus all of the person's thoughts and desires on obtaining and using the drug. While physical dependence will go away in days or weeks after drug use, psychological dependence can continue for years.

Slide: Part II: Common Drugs of Abuse

- Narcotics
- Stimulants
- Depressants
- Hallucinogens
- Anabolic steroids

Source: Drug Enforcement Administration, Drugs of Abuse, 2005

Presenters are provided with the following:

Okay, let's move on to common drugs of abuse.

There are five classes of drugs of abuse:

- Narcotics
- Stimulants
- Depressants
- Hallucinogens
- Anabolic steroids

Within each of these five classes are substances that occur naturally and those that are created in laboratories, also known as synthetics. When used appropriately in the practice of medicine, these substances can have very beneficial properties. When used for non-medical purposes, including the desire to get high, these drugs can cause great damage and even death.

Slide: Drug Scheduling

- There are five different drug categories, or schedules, which determine whether or not it is legal to use a drug and under what circumstances
- Drugs are placed into five different schedules by DEA according to their medical use and potential for abuse

Source: Drug Enforcement Administration, Drugs of Abuse, 2005

Notes for presenters follow:

Drugs are placed into five different schedules by the DEA according to their medical use and potential for abuse and dependence.

Within the five classes of drugs, individual drugs are ranked according to their abuse potential. When prescribed by a doctor and used according to direction, controlled substances can be safe and effective.

Let's review the five schedules of drugs.

Slide: Schedule I

- The drug or substance has a high potential for abuse
- The drug or substance **has no** currently accepted medical use in treatment in the United States
- There is a lack of accepted safety for use of the drug under medical supervision
- Examples of Schedule I substances include heroin, lysergic acid diethylamide (LSD), marijuana, and methaqualone

Source: Drug Enforcement Administration, Drugs of Abuse, 2005

Notes for presenters follow:

Schedule I drugs or substances:

- Have a high potential for abuse
- Currently have **no** accepted medical uses in treatment in the United States

Additionally, there is a lack of accepted safety for use of Schedule I drugs under medical supervision. Example of Schedule I substances include heroin, lysergic acid diethylamide (LSD), marijuana, and methaqualone.

Slide: Schedule II

- The drug or other substance has a high potential for abuse
- The drug or other substance **has** a currently accepted medical use in treatment in the United States or a currently accepted medical use with restrictions
- Abuse of the drug or other substance may lead to severe psychological or physical dependence
- Examples of Schedule II substances include morphine, phencyclidine (PCP), cocaine, methadone, and methamphetamine

Source: Drug Enforcement Administration, Drugs of Abuse, 2005

Notes for presenters follow:

Schedule II drugs or substances:

- Have a high potential for abuse
- Currently have accepted medical uses in treatment in the United States or current accepted medical uses with restrictions

Abuse of Schedule II drugs or substances may lead to severe psychological or physical dependence.

Examples of Schedule II substances include morphine, phencyclidine (PCP), cocaine, methadone, and methamphetamine.

Slide: Schedule III

- The drug or other substance has less potential for abuse than the drugs or other substances in Schedules I and II
- The drug or other substance **has** a currently accepted medical use in treatment in the United States
- Abuse of the drug or other substance may lead to moderate or low physical dependence or high psychological dependence
- Anabolic steroids, codeine, and hydrocodone with aspirin or Tylenol, and some barbiturates are examples of Schedule III drugs

Source: Drug Enforcement Administration, Drugs of Abuse 2005

Presenters' notes follow:

Schedule III drugs or other substances have less potential for abuse than the drugs or other substances in Schedules I and II and currently have accepted medical uses in treatment in the United States. Abuse of Schedule III drugs or other substances may lead to moderate or low physical dependence or high psychological dependence.

Anabolic steroids, codeine and hydrocodone with aspirin or Tylenol, and some barbiturates are examples of Schedule III drugs.

Slide: Schedule IV

- The drug or substance has a low potential for abuse relative to the drugs or substances in Schedule III
- The drug or other substance **has** currently a medical use in treatment in the United States
- Abuse of the drug or other substance may lead to limited physical dependence or psychological dependence relative to the drugs or other substances in Schedule III
- Examples of drugs included in Schedule IV are Darvon ®, Talwin ®, Valium ®, and Xanax ®.

Source: Drug Enforcement Administration, Drugs of Abuse, 2005

Presenters' notes follow:

Schedule IV drugs or substances have a low potential for abuse relative to the drugs or substances in Schedule III and currently have medical uses in treatment in the United

States. Abuse of Schedule IV drugs or other substances may lead to limited physical dependence or psychological dependence related to the drugs or other substances in Schedule III.

Examples of drugs included in Schedule IV are Darvon ®, Talwin ®, Valium ®, and Xanax ®.

Slide: Schedule V

- The drug or other substance has a low potential for abuse relative to the drugs or substances in Schedule IV
- The drug or other substance **has** a currently accepted medical use in treatment in the United States
- Abuse of the drug or other substance may lead to limited physical dependence or psychological dependence relative to the drugs or substances in Schedule IV
- Cough medications with codeine are examples of Schedule V drugs

Source: Drug Enforcement Administration, Drugs of Abuse, 2005

Presenters' notes follow:

Schedule V drugs or other substances have a low potential for abuse relative to the drugs or substances in Schedule IV and currently have accepted medical uses in treatment in the United States. Abuse of Schedule V drugs or other substance may lead to limited physical dependence or psychological dependence relative to the drugs or substances in Schedule IV.

Cough medications with codeine are examples of Schedule V drugs.

Slide: Narcotics

- Illicit narcotics
 - Heroin
- Prescription narcotics
 - Morphine
 - Methadone
 - Other opioids
- Narcotic medications are available only with a prescription

Sources:

- Drug Enforcement Administration, Drugs of Abuse, 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsOfAbuse.html>

For presenters, notes are as follow:

The first class of commonly abused drugs we will discuss today are narcotics.

Narcotics include illicit drugs like heroin and medications that can be obtained by prescription such as morphine, methadone, and other opioids.

Narcotic medications are available only with a doctor's prescription.

Slide: Narcotic Medications

Used to:

- Treat mild to severe pain
- Suppress coughs
- Treat diarrhea
- Induce anesthesia

Sources:

- Drug Enforcement Administration, Drugs of Abuse 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsOfAbuse.html>

Notes for presenters follow:

Prescription narcotics are used to treat mild to severe pain, suppress coughs, treat diarrhea, and induce anesthesia.

Slide: Forms of Narcotics

- Liquid
- Table
- Capsule
- Patch
- Lollipop
- Diskette
- Suppository
- Injectable

Sources:

- Drug Enforcement Administration, Drugs of Abuse 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsOfAbuse.html>

Notes for presenters follow:

Narcotics can be found in liquid, tablet, capsule, patch, lollipop, diskette, suppository, and injectable forms.

Slide: Adverse Effects of Narcotics

- Euphoria
- Drowsiness
- Slowed breathing
- Skin, lung, and brain abscesses
- Endocarditis (an inflammation of the lining of the heart)
- Hepatitis
- AIDS

Sources:

- Drug Enforcement Administration, Drugs of Abuse 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsOfAbuse.html>

Notes for presenters follow:

Some of the adverse effects of narcotics include:

- Euphoria
- Drowsiness
- Slowed breathing
- Skin, lung, and brain abscesses
- Endocarditis, which is an inflammation of the lining of the heart

In addition, hepatitis and AIDS are commonly found among narcotics abusers who inject drugs or engage in other risky behaviors.

Slide: Codeine Cough Syrups

- Robitussin A-C Syrup ®
- Mytussin AC Cough Syrup ®

Common slang names:

- Lean
- Purple Drank
- Syrup

Sources:

- Drug Enforcement Administration, Drugs of Abuse, 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsofAbuse.html>
- National Institute for Health, Medline Plus,
<http://www.nlm.nih.gov/medlineplus/druginfo/meds/a682065.html>

Notes for presenters are as follow:

Commonly abused narcotics include:

- Codeine cough syrup
- Fentanyl
- Hydrocodone
- Methadone
- Oxycodone

Let's talk about each of these, beginning with cough syrups.

Cough syrups that contain the narcotic codeine require a doctor's prescription. Some brand names include Robitussin A-C Syrup ® and Mytussin AC Cough Syrup ®. These cough syrups sometimes include other ingredients like antihistamines.

Some common slang names include:

- Lean
- Purple Drank
- Sippin Syrup

Slide: Fentanyl

- 80 times more powerful than morphine
- Biological effects indistinguishable from those of heroin – some forms of fentanyl may be hundreds of times more potent
- Duragesic Patch ®
- Actiq Lozenge ®

Common slang names:

- Tango and Cash
- China White
- Dance Fever

Sources:

- Drug Enforcement Administration, Drugs of Abuse, 2005

- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsOfAbuse.html>

Notes for presenters follow:

Fentanyl is a very powerful painkiller that is 80 times more powerful than morphine. It is used in combination with other drugs to treat extreme pain.

The biological effects of fentanyl are indistinguishable from those of heroin, with the exception that some forms of fentanyl may be hundreds of times more potent. Encounters with fentanyl that are not medically supervised are frequently fatal.

Common brand medications include Duragesic Patch ® and Actiq Lozenge ®.

Fentanyl is most commonly used by wearing or chewing a patch or sucking on a lozenge, but like heroin, it may also be smoked or snorted. A new effervescent tablet, Fentora ®, is now available to place between the cheek and gum.

Some common slang terms include:

- Tango and Cash
- China White
- Dance Fever

Slide: Hydrocodone

- Vicodin ®
- Lortab ®
- Lorcet ®
- Hydrocodone with Acetaminophen
- Most abused narcotic in the U.S.

Sources:

- Drug Enforcement Administration, Drugs of Abuse, 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsOfAbuse.html>

Presenters' notes follow:

Hydrocodone is the main ingredient in medications like Vicodin ®, Lortab ®, Lorcet ®, and Hydrocodone with Acetaminophen.

Hydrocodone products are used for pain relief and cough suppression and produce effects comparable to oral morphine. Hydrocodone products are the most frequently prescribed opioids in the U.S., and they are also the most abused narcotics in the U.S.

Slide: Methadone

- Dolophine ®
- Methadose ®
- From 1999 to 2005 (the most recent years for which data is available), the CDC reported that the rate of methadone deaths in younger individuals between the ages of 15 and 24 increased 11-fold

Sources:

- U.S. Department of Health and Human Services; Centers for Disease Control and Prevention, Increases in Poisoning and Methadone-Related Deaths: United States, 1999-2005, February 2008
- Office of National Drug Policy. Drug Policy Information Clearinghouse Fact Sheet: Methadone. Washington, D: ONDCP, 2000.
<http://www.whitehousedrugpolicy.com/publications/factsht/methadone/index.html>
- National Institutes of Health, Medline Plus.
<http://www.nlm.nih.gov/medlineplus/druginfo/meds/a682134.html>

Notes for presenters follow:

Methadone, available in the medications Dolophine ® and Methadose ®, has been used for years to treat individuals addicted to heroin. It is also used as a powerful painkiller.

From 1999 to 2005, the most recent years for which data is available, the CDC reported that the rate of methadone deaths in younger individuals between the ages of 15 and 24 increased 11-fold. For people who are not regular users of methadone, the drug can be dangerous and must be used with a doctor's supervision.

Slide: Oxycodone

- Oxycontin ®
- Oxycodone with Acetaminophen
- Percodan ®
- Percocet ®

Common slang names:

- Oxycotton
- Percs
- OC
- OX
- Oxy
- Hillbilly Heroin
- Kicker

Sources:

- Drug Enforcement Administration, Drugs of Abuse, 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsofAbuse.html>

Notes for presenters are as follow:

Oxycodone products include the very powerful painkillers Oxycontin®, Oxycodone with Acetaminophen, Percodan®, and Percocet®. Oxycodone is widely used in clinical medicine, and its behavioral effects can last up to five hours. Oxycontin® is a controlled-release product and has a longer duration of action, from 8-12 hours.

Some common slang names for Oxycodone include:

- Oxycotton
- Percs
- OC
- OX
- Oxy
- Hillbilly Heroin
- Kicker

Slide: Stimulants

- Illicit stimulants
 - Crack cocaine
 - Khat
- Prescription Stimulants
 - Methamphetamine
 - Amphetamines
 - Pseudoephedrine
- Stimulant medications are only available with a doctor's prescription

Sources:

- Drug Enforcement Administration, Drugs of Abuse, 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsofAbuse.html>

The presenters' notes follow:

The next class of drugs we'll discuss is stimulants.

Stimulants include the illicit drugs like crack cocaine and khat as well as medications that can be obtained via prescription such as methamphetamine, amphetamines, and pseudoephedrine.

Many stimulants have legitimate medical use, such as to treat obesity, attention deficit and hyperactivity disorder (ADHD/ADD), and narcolepsy and are scheduled by the DEA.

The stimulants caffeine and nicotine are not controlled.

Pseudoephedrine is also a stimulant chemical that's found in allergy and cold medications to relieve sinus congestion and pressure.

Cocaine and methamphetamine have a currently accepted medical use in treatment, but crack cocaine and khat have no legitimate medical uses.

Stimulant medications are only available with a doctor's prescription.

Slide: Forms of Stimulants

- Powder
- "Rocks"
- "Crystal"
- Pills
- Smokable and injectable forms

Sources:

- Drug Enforcement Administration, Drugs of Abuse 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsofAbuse.html>

Presenters' notes:

Stimulants can be found in powder, "rocks," "crystal," pills, and smokable and injectable forms.

Slide: Adverse Effects of Stimulants

- Alertness
- Excitation
- Euphoria
- Increase in blood pressure and pulse rate
- Insomnia
- Loss of appetite

Sources:

- Drug Enforcement Administration, Drugs of Abuse, 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsofAbuse.html>

The presenters' notes follow:

Adverse effects of stimulant abuse include:

- Alertness
- Excitation
- Euphoria
- Increase in blood pressure and pulse rate
- Insomnia
- Loss of appetite

Abuse is often associated with a pattern of binge use – sporadically consuming large doses of stimulants over a short period of time.

Heavy users may inject themselves every few hours, continuing until they've depleted their drug supply or reached a point of delirium, psychosis, and physical exhaustion. During this period of heavy use, all other interests become secondary to recreating the initial euphoric rush.

Because accidental death is partially due to the effect of stimulants on the body's cardiovascular and temperature-regulating systems, physical exertion increases the hazards of stimulant use.

Slide: Amphetamines

Used to treat ADHD and ADD:

- Adderal ®
- Dexedrine ®
- Desoxyn ®

Common slang names:

- Speed
- Bennies
- Black Beauties
- Uppers

Sources:

- Drug Enforcement Administration, Drugs of Abuse, 2005

- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsofAbuse.html>

For presenters, the following notes are provided:

Commonly abused stimulants available by prescription only include:

- Amphetamines
- Methylphenidate and dexamethylphenidate
- Weight control medications such as phentermine

Let's talk about each of these types of stimulants.

Amphetamines used to treat ADHD and ADD include: Adderal ®, Dexedrine ®, and the methamphetamine Desoxyn ®.

Some common slang names include:

- Speed
- Bennies
- Black Beauties
- Uppers

Slide: Methylphenidate and Dexmethylphenidate

Used to treat ADHD and ADD:

- Concerta ®
- Ritalin ®
- Focalin ®
- Focalin XR ®

Common slang names:

- Pellets
- R-Ball
- Skippy
- Vitamin R
- Illys

Sources:

- Drug Enforcement Administration, Drugs of Abuse, 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsofAbuse.html>

Information for presenters is as follows:

Methylphenidate and dexamethylphenidate used to treat ADHD and ADD are prescribed under the brand names Concerta ®, Ritalin ®, Focalin ®, and Focalin XR ®.

Some common slang names for these drugs includes:

- Pellets
- R-Ball
- Skippy
- Vitamin R
- Illys

Slide: Weight Control Medications

- Phentermine (Adipex ® and Ionamin ®)
- Benzphetamine (Didrex ®)
- Phendimetrazine (Prelu-2 ®)

Sources:

- Drug Enforcement Administration, Drugs of Abuse, 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsofAbuse.html>

Notes for presenters:

A number of drugs used for weight control are also commonly abused.

They include:

- Phentermine, prescribed under the brand name Adipex ® and Ionamin ®
- Benzphetamine, prescribed under the brand name Didrex ®
- Phendimetrazine, prescribed under the brand name Prelu-2 ®

Slide: Depressants (1)

A photo of a doctor's prescription pad is shown alongside text.

Depressant medications are available only with a doctor's prescription.

Sources:

- Drug Enforcement Administration, Drugs of Abuse, 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsofAbuse.html>

Notes for presenters:

Another class of commonly-abused drugs is depressants. Depressant medications are available only with a doctor's prescription.

Slide: Depressants (2)

Used to:

- Induce sleep
- Relieve stress
- Reduce anxiety

Forms of depressants:

- Pills
- Liquid

Sources:

- Drug Enforcement Administration, Drugs of Abuse, 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsOfAbuse.html>

Notes for presenters:

Also known as “downers,” depressants are substances that induce sleep, relieve stress, and reduce anxiety. They are medically used to treat anxiety, insomnia, seizure disorders, and narcolepsy. They're also used to relax muscles and sedate patients. Depressants are mainly found in pill and liquid forms. GHB is often found in liquid form.

Slide: Depressants (3)

Common depressants:

- Alcohol
- Valium ®
- Xanax ®
- Tranquilizers
- Sleeping pills
- Rohypnol ®
- GHB

Sources:

- Drug Enforcement Administration, Drugs of Abuse, 2005

- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsofAbuse.html>

Notes for presenters:

Common depressants include alcohol, Valium ®, Xanax ®, tranquilizers, sleeping pills, Rohypnol ®, and GHB.

Slide: Adverse Effects of Depressants

- Slurred speech
- Disorientation
- Drunken behavior
- Impaired memory
- Vivid and disturbing dreams
- Amnesia

Sources:

- Drug Enforcement Administration, Drugs of Abuse, 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsofAbuse.html>

Notes for presenters:

Adverse side effects of depressants include:

- Slurred speech
- Disorientation
- Drunken behavior without the odor of alcohol
- Impaired memory
- Vivid and disturbing dreams
- Amnesia

Slide: Benzodiazepines

- Valium ®
- Xanax ®
- Halcion ®
- Ativan ®
- Klonopin ®

Common slang names:

- Downers
- Benzos

Sources:

- Drug Enforcement Administration, Drugs of Abuse, 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsofAbuse.html>

Notes for presenters:

Commonly abused depressant medications that are available only with a prescription include benzodiazepines and sleeping pills.

Let's talk about each of these.

Benzodiazepines are prescribed under the brand names Valium ®, Xanax ®, Halcion ®, Ativan ®, and Klonopin ®. They're used as sedatives, hypnotics, anti-convulsants, muscle relaxants, and to treat anxiety. Many times they are abused in combination with other drugs or to counteract the effects of other drugs.

Some common slang names include "downers" and "benzos."

Slide: Sleeping Pills

- Ambien ®
- Sonata ®

Sources:

- National Institutes of Health, Medline Plus,
<http://www.nlm.nih.gov/medlineplus/druginfo/meds/a693025.html>
- National Institutes of Health, Medline Plus,
<http://www.nlm.nih.gov/medlineplus/druginfo/meds/a601251.html>
- National Institute on Drug Abuse,
<http://www.drugsofabuse.gov/DrugPages/DrugsofAbuse.html>

Notes for presenters are provided as follow:

A number of newer sleeping pills on the market are commonly abused. Prescription medications like Ambien ® and Sonata ® are depressants used to treat insomnia.

Slide: Other Abused Depressants

- Chloral hydrate (Somnate ®)
- Barbituates such as amo-, seco-, and pentobarbital
- GHB (Xyrem ®)
- Carisprodol (Soma ®)
- Ketamine (Ketalar ®, Ketacet ®)

Sources:

- Drug Enforcement Administration, Drugs of Abuse, 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsofAbuse.html>

Notes for presenters:

Other abused depressants include:

- Chloral hydrate, prescribed under the brand name Somnate ®
- Barbituates, such as amobarbital, secobarbital, and pentobarbital
- GHB, prescribed under the brand name Xyrem ®
- Carisprodol, prescribed under the brand name Soma ®
- Ketamine, prescribed under the brand names Ketalar ® and Ketacet ®. Please note that even though ketamine is a depressant, it is abused by teens for its psychedelic effects.

Slide: Anabolic Steroids (1)

An image of a female pharmacist with a filled prescription in her outstretched hand is shown alongside the following information: Anabolic steroids are available only with a doctor's prescription.

Presenters' notes:

The last class of commonly abused drugs we'll discuss during today's presentation is anabolic steroids. Steroids are available only with a doctor's prescription.

Slide: Anabolic Steroids (2)

- Synthetically produced variants of the naturally occurring male hormone
- Used to enhance performance and increase muscle mass

Sources:

- Drug Enforcement Administration, Drugs of Abuse, 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsofAbuse.html>

Notes for presenters:

Anabolic steroids are drugs used to enhance performance and increase muscle mass. They are synthetically produced variants of the naturally occurring male hormone testosterone.

Slide: Forms of Anabolic Steroids

- Tablets
- Sublingual tablets (under the tongue)

- Liquid drops
- Gels
- Transdermal patch (on the skin)
- Subdermal implant pellets (underneath the skin)
- Water-based injectable solutions
- Oil-based injectable solutions

Sources:

- Drug Enforcement Administration, Drugs of Abuse, 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsofAbuse.html>

Notes for presenters:

Anabolic steroids can be found in the following forms:

- Tables
- Sublingual tablets (under the tongue)
- Liquid drops
- Gels
- Transdermal patch (on the skin)
- Subdermal implant pellets (underneath the skin)
- Water-based injectable solutions
- Oil-based injectable solutions

Slide: Adverse Effects of Steroid Abuse on Males and Females (1)

- Acne
- Baldness
- Stunted growth
- High blood pressure, unhealthy cholesterol changes, heart disease, blood clots, and stroke
- Liver damage, jaundice, or liver cancer
- Headaches, aching joints, and muscle cramps
- Nausea, vomiting, and diarrhea
- Sleep problems
- Increased risk of ligament and tendon injuries

Source: American Academy of Pediatrics, Steroids: Not Fair Play,
<http://www.healthychildren.org>

Presenters' notes follow:

Both males and females who abuse steroids may experience:

- Acne
- Baldness
- Stunted growth
- High blood pressure, unhealthy cholesterol changes, heart disease, blood clots, and stroke
- Liver damage, jaundice, or liver cancer
- Headaches, aching joints, or muscle cramps
- Nausea, vomiting, and diarrhea
- Sleep problems
- Increased risk of ligament and tendon injuries

Upon discontinuation of the drug, users may experience prolonged periods of depression, restlessness, insomnia, loss of appetite, decreased sex drive, headaches, and irritability.

Slide: Adverse Effects of Steroid Abuse on Males and Females (2)

- “Roid rage” (severe, aggressive behavior that may result in violence, such as fighting or destroying property)
- Severe mood swings
- Hallucinations (seeing or hearing things that are not really there)
- Paranoia (extreme feeling of mistrust and fear)
- Anxiety and panic attacks
- Depression and thoughts of suicide

Source: American Academy of Pediatrics, Steroids: Not Fair Play, <http://www.healthychildren.org>

Presenters’ notes follow:

Males and females who abuse steroids may also experience:

- “Roid rage” (which is severe, aggressive behavior that may result in violence, such as fighting or destroying property)
- Severe mood swings
- Hallucinations (seeing or hearing things that are not really there)
- Paranoia (extreme feelings of mistrust and fear)
- Anxiety and panic attacks
- Depression and thoughts of suicide

Slide: Adverse Effects of Steroid Abuse on Males

- Shrinking of testicles
- A low sperm count

- Impotence (inability to get an erection)
- Breast and nipple growth
- Enlarged prostate

Source: American Academy of Pediatrics, Steroids: Not Fair Play,
<http://www.healthychildren.org>

Presenters' notes follow:

Adult males who abuse steroids may experience shrinking of testicles, reduced sperm count, impotence, or the inability to get an erection, and breast and nipple growth. They may also experience and enlarged prostate.

Slide: Adverse Effects of Steroid Abuse on Females

- Breast shrinkage
- More face and body hair
- Voice deepening
- Problems with menstrual periods
- Clitoris enlargement

Source: American Academy of Pediatrics, Steroids: Not Fair Play,
<http://www.healthychildren.org>

Presenters' notes follow:

Females who abuse anabolic steroids may experience breast shrinkage, more face and body hair, voice deepening, problems with menstrual periods, and clitoris enlargement.

Slide: Commonly Abused Steroids

- Anadrol ®
- Andro ®
- Deca-durabolin ®
- Depo-testosterone ®
- Dianobo ®
- Durabolin ®
- Equipose ®
- Oxandrin ®
- THG ®
- Winstrol ®

Sources:

- Drug Enforcement Administration, Drugs of Abuse, 2005

- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsofAbuse.html>

Notes for presenters:

There are over 100 different types of anabolic steroids. Some of the brand names prescribed include:

- Anadrol ®
- Andro ®
- Deca-durabolin ®
- Depo-testosterone ®
- Dianobo ®
- Durabolin ®
- Equipose ®
- Oxandrin ®
- THG ®
- Winstrol ®

Slide: Common Slang Names for Steroids

- Arnolds
- Gym Candy
- Pumpers
- Roids
- Stackers
- Weight trainers
- Juice

Source:

- Drug Enforcement Administration, Drugs of Abuse, 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsofAbuse.html>

Notes for presenters:

Some common slang names include:

- Arnolds
- Gym candy
- Pumpers
- Roids
- Stackers
- Weight trainers

- Juice

Slide: Hallucinogens

- Hallucinogens are a group of drugs used for their ability to alter human perception and mood
- Includes such drugs as:
 - LSD
 - Dextromethorphan of “DXM”
 - Mushrooms

For more information on hallucinogens, visit <http://getsmartaboutdrugs.com/drugs/hallucinogens.html>.

Presenters are provided the following notes:

The final class of drugs we'll discuss today is hallucinogens, which can include such drugs as LSD, DXM, and Mushrooms. More information on hallucinogens can be found on Get Smart About Drugs at <http://www.getsmartaboutdrugs.com/drugs/hallucinogens.html>.

Slide: Over-the-Counter Medications with DXM

Over 100 medications, such as cough medicines, contain DXM either as the only active ingredient or in combination with other ingredients.

Source: National Institute on Drug Abuse, <http://www.drugabuse.gov/Infofacts/PainMed.html>.

Notes for presenters are as follow:

Today, we will focus on the over-the-counter medications, such as cough medicine, that contain the hallucinogen dextromethorphan, or DXM.

There are well over 100 medications that contain DXM either as the only active ingredient or in combination with other active ingredients.

These medications (store brands as well as brand names) can be purchased over-the-counter in pharmacies, some grocery stores, and some other outlets.

Slide: Forms of OTC Medications with DXM

- Liquid
- Gelcap
- Pill
- Powder

Source: National Institute on Drug Abuse,
<http://www.drugabuse.gov/Infofacts/PainMed.html>.

The information for presenters is:

Medications with DXM can be found in liquid, gelcap, pill, or powder form.

Slide: Effects of DXM Abuse

- Breathing problems
- Dizziness
- Blurred vision
- Slurred speech
- Loss of physical coordination
- Abdominal pain
- Nausea and vomiting
- Rapid heart beat
- Drowsiness
- Numbness of fingers and toes
- Disorientation

Sources:

- Drug Enforcement Administration, Drugs of Abuse, 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsofAbuse.html>

The presenters' notes are as follow:

High doses of DXM can also result in:

- Breathing problems
- Dizziness
- Blurred vision
- Slurred speech
- Loss of physical coordination
- Abdominal pain
- Nausea and vomiting
- Rapid heart beat
- Drowsiness
- Numbness of fingers and toes
- Disorientation

Slide: Effects of DXM Abuse

- Mild distortions of color and sound
- Visual hallucinations
- “Out-of-body” dissociative sensations
- Loss of motor control

Sources:

- Drug Enforcement Administration, Drugs of Abuse, 2005
- National Institute on Drug Abuse,
<http://www.drugabuse.gov/DrugPages/DrugsofAbuse.html>

The presenters’ notes are as follow:

DXM abusers describe different “plateaus” ranging from mild distortions of color and sound to visual hallucinations, “out-of-body” dissociative sensations, and loss of motor control.

It’s important to note that many OTC products listing DXM as an active ingredient may also contain antihistamines, acetaminophen, or other substances which have other side effects.

Slide: What You Can Do

- Get information
- Understand the power and danger of these medications
- Ask teens what they are experiencing
- Ask your doctor and pharmacist
- Look in your medicating cabinet
- Read labels
- Report suspicious Internet pharmacies toll free to the DEA hotline at: 1-877-RxAbuse (1-877-792-2873)

Source: Partnership for a Drug-Free America, <http://www.drugfree.org>

Presenters’ notes follow:

We’ve covered a lot of information in this presentation including the five classes of drugs of abuse: narcotics, stimulants, depressants, hallucinogens, and anabolic steroids. I hope this presentation has given you the knowledge you need to identify drugs of abuse and keep them out of the hands of teens.

Keeping drugs out of the hands of teens is important, and there are things parents can do:

Get information about the prescription drug medications teens abuse. Learn what they're used for, what they look like, their effects and interactions, and how teens are using them.

Understand the power and danger of these medications. Many drugs, particularly narcotic painkillers, are extremely powerful and are designed to relieve extreme pain. New medications are continually being approved for medical use, and it's important to be informed about the drugs' uses and properties.

Ask teens what they are experiencing at school, at friends' homes, and at parties. Share with them what you've learned about the dangers of abusing prescription medications.

Ask your doctor and pharmacist about the medications you are being prescribed. Ask about their side effects and potential addictiveness. Ask which category the drug is: narcotic, stimulant, or depressant.

Look in your medicine cabinet. Keep powerful medications in a safe place, not in the family medicine or kitchen cabinet, under lock if necessary. Count your pills when you receive them, and periodically check to see how many are in the container.

Read the labels. A drug label includes important information about a prescription drug. Many generic prescriptions are substituted for brand name drugs, and it may be easy to overlook the fact that the doctor has prescribed a very powerful narcotic painkiller, for example.

Report suspicious internet pharmacies. If you or your teen is aware of someone distributing prescription drugs or a suspicious Internet pharmacy site, call the DEA hotline. Callers will be able to make confidential reports by dialing the DEA hotline toll free at 1-877-RxAbuse (1-877-792-2873).

Slide: Conclusion

- Limit teens' access to drugs
- Raise awareness of the dangers of prescription drug and over-the-counter abuse

The notes for presenters follow:

Thank you very much for taking the time to be here today. Use the information we've covered today to limit teens' access to drugs and raise awareness of the dangers of prescription drug and over-the-counter drug abuse.

For more information about drugs of abuse and to find a variety of other resources, please visit DEA's Get Smart About Drugs website at <http://www.getsmartaboutdrugs.com>.

I'm happy to answer any questions you may have.

Answer audience questions. If you are unable to answer a question, point them to the Get Smart About Drugs website, or take their information and get back to them when you find an answer.