

# In The Know

A monthly newsletter to keep you current and In The Know on topics related to the Prevention of Substance Abuse

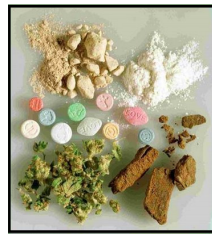
## Fatal Fads

Hallucinogens often do not get very much attention, as many people do not think of them as deadly or addictive compared to other drugs. However, use of hallucinogens is on the rise and can have as much of a negative effect as other substances. The following includes general but important information on this fatal fad.

A hallucinogen is a psychoactive drug that can cause changes in thought, perception, emotion, and consciousness. There are three different categories of hallucinogens: psychedelics, dissociatives and deliriants. Psychedelics are perception altering and can distort the senses. Some examples are LSD, marijuana, psilocybin,

mescaline and ketamine. Dissociatives "produce a sense of detachment" involving a user to feel like they are a part of a dream or not a part of reality. A few of these drugs include PCP, salvia, DXM and ketamine. Deliriants are a class of dissociatives that cause people to see things that are not there. These effects are felt with various plants and some OTC drugs in high doses. Some of these drugs are man made and some are extracted from plants. Although a few may be considered natural, hallucinogens are by no means safe.

Nobody is the same causing



everyone to react differently to hallucinogens. However, the most common side effects include memory loss, difficulty in speech and thinking, confusion, rage, depression, paranoia, sleeplessness, increased body temperature, weight loss, coma and even death. Users may be abstinent from using hallucinogens for several years but can have flashbacks,

which are psychedelic episodes caused by the drug being released from fatty tissues in the brain after being stored for long periods of time. While under the influence of hallucinogens, people can have vivid emotions

or visions that can cause them to make poor decisions, such as taking other drugs, reckless behaviors that can hurt or kill them, or even commit suicide.

Hallucinogens can cause psychological dependence and many users develop a tolerance to them. A first time user may only need a small portion to get a desired effect, while someone who has developed a tolerance may need a much larger portion to get a similar high. A person can overdose at any time, because it is nearly impossible to get the exact same product twice and your body can react differently to it every time you take it, causing diverse experiences.

## A closer look at Ecstasy

Ecstasy is considered a psychedelic stimulant and is also referred to as MDMA. According to the Drug Enforcement Administration (DEA), ecstasy produces an energizing effect as well as distortions in time and perception and enhanced enjoyment of tactile experiences. The DEA also states that adolescents and young adults use it to promote euphoria, feelings of closeness, empathy, sexuality and to reduce inhibitions.

Ecstasy is mainly found in the form of a tablet but can be distributed in capsules, powder and liquid forms. One danger with ecstasy is that the pills are often colorful and can easily be hidden among other colorful candies. One trend among young adults is called "candy flipping"; this is the co-abuse of both ecstasy and LSD. Along with candy flipping, ecstasy is often paired with other drugs, most commonly alcohol and marijuana.

The effects of this drug are extremely varied and depend on the user; most effects will usually occur within 30 to 45 minutes of ingesting the drug and will last for four to six hours. Some negative effects associated with ecstasy use include confusion, anxiety, depression, paranoia, sleep problems and drug craving. As with other drugs, there is the potential for overdose.

The Risk and Protective Factor Survey that was com-

pleted by all 13 school districts in Steuben County in 2010, which was administered by the Steuben Prevention Coalition revealed that 4.4% of 10<sup>th</sup> graders have tried ecstasy within the past 12 months. This is a large jump from the 1.9% that was recorded just two years prior in 2008. At the time the survey was taken, 2.6% of these 10<sup>th</sup> graders had used ecstasy within the past 30 days, again an increase from 2008 which was only 0.9%.

**Do you or someone you care about need help because of Drugs, Alcohol or Gambling call:**

**1-877-8HOPENY (1-877-846-7369)**

**24 hours a day, 7 days a week \* Free & confidential information and referrals.**

# In The Know and By The Numbers

A brief look at current statistics and figures regarding hallucinogens.

- Approximately 1.1 million Americans used ecstasy for the first time in 2009, which is a significant increase from the 894,000 first-time users reported in 2008.

(National Institute of Drug Abuse)

- Ecstasy use visits to emergency rooms have increased from 10,222 in 2004 to 17,865 in 2008, up 74.8%.

- Among ecstasy-related emergency

department visits involving people 21 and older, 39.7 percent of the patients had used the drug with three or more substances of abuse, most often alcohol.



- Most of these emergency room visits (69.3%) involved patients between 18

and 29; 17.9% of those seeking help in ERs were between ages 12 and 17. (CADCA)

- According to the 2008 NSDUH, approximately 36 million Americans aged 12 or older reported trying hallucinogens at least once during their lifetimes, representing 14.4% of the population in that age group.

(Office of National Drug Control Policy)

**YOU MATTER!**

The **ONLY** thing between alcohol and **YOUR** children is **YOU**.

65% of youth surveyed nationally report they were given the alcohol they drank from family and friends.

**Steuben Underage Party Tip Line**  
**1-877-862-484**

## Steuben Council SCA on Addictions

Information, Assessments & Referrals

**8 East Morris Street  
Bath, NY 14810**

**Phone: (607) 776-6441**

**Fax: (607) 776-6664**

Prevention Director: Jim Bassage

Prevention Educators:

Barb McCollum, Tess McKinley,  
Stacey O'Dell & Andrea Smith

Administrative Assistant &

DDP Coordinator: Diana McIntosh

Drug Free Communities Coordinator:  
Norm McCumiskey

Clerical Assistant: Peggy Wurzer

Catholic Charities  
Steuben County

## The Council Corner

A look Steuben Council on Addictions and the projects they are working on

In our work here at the Council we interact with a wide variety of individuals of all ages. We have the pleasure of being able to take two age groups and bring them together in a unique way.

For several years our agency has taken gentlemen from the Kinship Community Residence in Bath to area schools to share their stories with the students in health class settings. The great part about this program is that the men sit down with the classes and share openly and honestly about their lives and the paths that drugs and alcohol have taken

them. This presents to the students a real life version of what educators are trying to teach them, it is where reality and text books have a chance to combine and enhance the education that students receive.

The Prevention Educators and Teachers involved are able to aid in the question and answer process by helping to address the questions that students may have to further educate the students about the effects of drugs and alcohol.

We want to thank the numerous men who have been a part of this program and have vis-

ited the classrooms with us and answered the various questions from students. From Kinship we would also like to thank Kim Smith and Kevin Stickler and the house drivers for helping us in the coordination of these events. Also, a thank you to Corning East, Corning West, Addison, Wildwood BOCES, Hammondspport and Campbell-Savona who have utilized this program.

If you are interested in learning more about this program, scheduling or any information in this newsletter please contact Steuben Council on Addictions at (607) 776-6441.

*Steuben Council on Addictions is a division of Catholic Charities Steuben. In The Know is a regular monthly update about alcohol, tobacco and other drugs to help in the prevention of substance use and abuse. For more information on In The Know contact Stacey O'Dell, Prevention Educator at (607) 776-6441, x. 205 or sodell@dor.org.*