

Police Officer

# Ecstasy

- Ecstasy is a Class A drug.
- Doctors cannot prescribe it.
- It is illegal to possess it or supply it.
- Maximum penalties for possession are seven years imprisonment plus a fine.
- The penalty for supplying, or possession with intent to supply, is a maximum sentence of life imprisonment.
- Supplying can be giving a single tablet to another person. Penalties are high.
- Ecstasy has killed an average of eight people a year since it first started being used 'recreationally' in the UK in the late 1980s.
- MDMA can be detected in urine for 2-4 days.



Police Officer

# Cocaine

- Cocaine is a Class A drug
- Possession can lead to a maximum of seven years in prison and/or a fine.
- Possession with intent to supply, or supplying the cocaine means a maximum prison sentence of life.
- Many regular users resort to crime of one kind or another to fund their drug use.
- 99% of banknotes in London have tiny traces of cocaine on them.
- Cocaine can be detected in urine for up to 3 days.



## Cannabis

- From the 29 January 2004, cannabis was reclassified from a Class B drug to a Class C drug.
- The maximum penalty for supply, dealing and production (including cultivation) remains at 14 years imprisonment.
- The maximum penalty for possession has been reduced from 5 years to 2 years imprisonment.
- Cannabis is the most widely used illicit drug in the UK, with up to 3 million consumers per year.
- Cannabis can be detected in urine for up to 3-4 weeks in heavy users.



## Heroin

- Heroin is a Class A drug.
- The maximum penalty for possession is seven years imprisonment.
- Supplying heroin will receive a maximum sentence of life imprisonment.
- Many regular users resort to crime of one kind or another to fund their drug use.
- Government findings suggest users spend, on average, £10,000 a year to fund their habit.
- UK Home Office study in 1997 found that 20 percent of all people arrested in Britain were on heroin.
- Home Office says every £1 spent on drug treatment saves £3 in less crime.



## Tranquillisers

- Tranquillisers are Class C drugs.
- All tranquillisers can only be supplied by a pharmacist on a doctor's prescription.
- Unauthorised possession could result in a prison sentence of up to 2 years and an unlimited fine. Supplying could mean up to 14 years in prison and an unlimited fine.
- Passing drugs among friends is supplying in the eyes of the law.
- There's been a big increase in sex crime involving tranquillisers like rohypnol. Victims' drinks are spiked with the drug so they're either unaware of or unable to prevent a sexual assault



## Caffeine

- Caffeine added to a food or drink must, by law, be included in the ingredients list.
- Coffee is the second most popular drink after water.
- In the UK, 80 per cent of adults drink coffee every week.
- An estimated 196,000,000 cups of tea are drunk every day in the UK.



Scientist

## Ecstasy

- E, burgers, mitsubishi's, dolphins, Rolexes, diamonds, euros, E, XTC, disco biscuits, fantasy, hug drug, echoes, chiefs, adam and X, MDMA.
- Usually comes in tablet forms with images imprinted on them.
- The main component of the drug is a chemical called methylenedioxy-methamphetamine (MDMA).
- Ecstasy is a stimulant, which increases energy. It also produces a relaxed, pleasurable feeling.
- It increases levels of two brain chemicals (dopamine and serotonin), which increase feelings of pleasure.
- Scientists know that large amounts damage your brain's serotonin system permanently.



Scientist

## Cocaine

- Cocaine is also known as snow, C, charlie, coke, dust, gold dust, white and bugle.
- Cocaine is a chemical derived from the leaf of the coca bush. It is usually treated before it hits the streets.
- It comes as a white powder.
- Most users sniff it up their noses using a rolled up piece of paper.
- Cocaine is a stimulant drug.
- Cocaine molecules increase levels of the brain chemical dopamine,
- Dopamine is a natural chemical that produces a feeling of pleasure.
- Pleasure circuits in the brain are stimulated again and again producing euphoria.



## Cannabis

- Dope, ganga, grass, hash, hashish, hemp, herb, marijuana, pot, puff, skunk, smoke, spliff, wacky backy and weed.
- Cannabis a natural drug derived from the Cannabis *Sativa* plant
- It comes in three forms: as a solid dark lump known as a resin, grass which is the leafy buds of the female plant, or as sticky tar like substances known as oil.
- It can be rolled with tobacco in a spliff or joint, smoked on its own in a pipe or bong, or eaten as part of a cake or cookie.
- The main psychoactive ingredient is delta-9-tetrahydrocannabinol, or 'THC'.
- THC mimics some natural chemicals in the brain which soothe you and allow you to forget things.
- THC also binds to areas of the brain which co-ordinate movement and memory impairing them.



## Heroin

- Smack, brown, horse, gear, junk, H, jack, scag, brown, china white, dragon and jack.
- Heroin is an opiate made from the chemical morphine, which is extracted from the opium poppy.
- Morphine is used as a painkiller; heroin is more than twice as strong.
- It usually comes as a white or lightish brown powder.
- It is usually smoked or injected.
- It's a sedative, which means it depresses the nervous system and means you can't feel pain in your body or your emotions (until it wears off).



## Tranquillisers

- Tranquillisers are manmade drugs produced to treat anxiety, depression and insomnia.
- Product names include: Valium, Ativan, Mogadon, Librium, Rohypnol
- Tranquillisers have a sedative effect. They work by depressing the nervous system and slowing the body down.
- The drugs stop the brain receiving stress-causing messages from the outside world.
- The brain's natural rebalancing means this effect will only be short term.
- Operates in a similar way to alcohol.



## Caffeine

- Caffeine occurs naturally in the leaves, seeds or fruit of more than 60 plant species, of which cocoa-beans, tea, coffee and cola are the most well known.
- Caffeine is a drug that acts as a stimulant to the heart and central nervous system.
- The major active ingredient in coffee is caffeine, known chemically as 1,3,7-trimethylxanthine.
- Has an effect between two and ten hours.
- Caffeine does not accumulate in the body, being rapidly metabolised and excreted.
- Smokers break down caffeine more quickly than non-smokers.



# Ecstasy

- After taking an ecstasy tablet users commonly feel energetic but calm
- A single dose of ecstasy takes effect after about twenty minutes and lasts for up to four hours.
- Ecstasy raises your body temperature. You can get exhausted and very dehydrated.
- Sipping water — no more than about a pint an hour — and taking regular rests will help.
- Alcohol will increase de-hydration.
- Can leave users feeling tired and depressed for days
- According to government statistics, about 20 people a year die from taking ecstasy
- The long-term effects of ecstasy use are not yet known.



# Cocaine

- It has the effect of increasing confidence and energy.
- Effects peak between 15 and 40 minutes, then diminish quickly.
- Effects include dry mouth, sweating, loss of appetite, racing pulse.
- The effects of the comedown are quite severe, and users often take more and more cocaine to delay the feelings of depression and tiredness
- Snorting may permanently damage the inside of the nose.
- Constant, frequent use can leave users restless, confused, paranoid and sleepless.
- Unsterile injection and shared needles risks spreading infections, such as HIV, Hepatitis B and C.
- Death from a cocaine overdose can occur.



Doctor

## Cannabis

- The most common effects are talkativeness, cheerfulness, relaxation and greater appreciation of sound and colour.
- Physical effects of cannabis use include a faster heartbeat and pulse rate, bloodshot eyes, and a dry mouth and throat.
- Effects typically start after a few minutes and last an hour or more and have worn off after 4 hours.
- Cannabis contains more tar than tobacco and has a higher concentration of carcinogens (cancer-causing agents).
- Three to four cannabis spliffs are equivalent of smoking 20 cigarettes.
- There appears to be an association between cannabis use and schizophrenia.



Doctor

## Cannabis as a treatment

Cannabis is widely known for its medicinal ability to ease a host of serious conditions:

- Cancer: cannabis can suppress nausea brought on by chemotherapy
- AIDS: it can increase appetite and prevent weight-loss
- Glaucoma (an eye condition): cannabis can relieve eye pressure
- Muscular pain: it can ease muscle spasms and period pains
- Multiple sclerosis: The drug especially alleviated spasms, pain, tremor and increased bladder control.



Doctor

# Heroin

- Heroin reduces pain and relaxes the muscles, this is known as an analgesic.
- Effects usually last an hour or so.
- The powerful pain-killing effects may be linked to feeling sick, nausea and vomiting.
- Large doses can lead to stupor, coma and, in some cases, death.
- Sharing injecting equipment can spread dangerous infections like Hepatitis and HIV
- Withdrawal use brings aches, shaking, sweating and chills, sneezing and yawning, and muscular spasms.
- The impurity of the drug means it's often difficult to gauge the strength of the dosage, which runs the risk of overdose.



Doctor

# Tranquillisers

- Tranquillisers calms users and slows them down mentally
- Tiredness and drowsiness are often considered side effects
- High doses can make users forgetful
- Skills like driving may be affected on first use
- They are extremely dangerous in combination with alcohol
- They encourage swings in mood and feelings like anxiety, irritability and depression.



Doctor

## Caffeine

- Coffee has been linked with a number of the risk factors for coronary heart disease, including increased blood pressure and high blood cholesterol levels.
- Early research has suggested that coffee may reduce the risk of developing gallstones, kidney stones and colorectal cancer.
- Tea contains antioxidant substances called flavonoids. These have been shown to help slow development of coronary heart disease.
- Caffeine can have unpleasant side-effects if taken in larger quantities: headaches, irritability, restlessness, dizziness, hand tremors, palpitations, depression, anxiety.
- Some people who drink caffeine-containing beverages, such as coffee, in the evening find that they take longer to get to sleep.



Drugs Counsellor

## Counsellor

- All meetings are totally confidential between yourself and the client UNLESS you are legally obliged to tell someone else.
- The term 'substance abuse' can cover different patterns of use, including:
  - experimenting with use
  - bingeing
  - using large amounts without appearing intoxicated
  - using large amounts to get intoxicated
- Drug counsellors may give advice and information to help people reduce the harm drugs can cause if they are not ready for change.
- They may also support people to change their drug taking patterns if the drug users wishes to stop.



## Ecstasy

- It was discovered in 1912 by a German chemist –
- Its use for recreational purposes is relatively recent in the UK.
- It became popular during the acid house music of the late 1980s and has been used widely in raves.
- Ecstasy is not physically or psychologically addictive. However, the drug can often take on great importance in the lives of users.
- This perception can give rise to a false understanding that ecstasy is safe to use.



## Cocaine

- Indigenous people of South America have chewed the leaves both to help them in their work and in traditional ceremonies.
- In the 1800's lots of energy drinks had cocaine in them, including Coca-Cola.
- It wasn't until 1900 or so that doctors realised how dangerous it is.
- It's false reputation as a non-addictive drug has led to widespread use among young people
- 99% of banknotes in London have tiny traces of cocaine on them.
- Users of cocaine are known to develop a strong psychological dependence to the drug
- Habits can cost thousands of pounds a year, and prolonged use can also lead to panic attacks and paranoia.



## Cannabis

- The use of hash, opium and ergot, a hallucinogenic fungus goes back to the stone age.
- Possibly, many of today's parents may have experimented with cannabis in their lives and could now be uncomfortable about warning their children against its use.
- Users can become dependent on cannabis, and if smoked with tobacco may become dependent on nicotine.
- There appears to be an association between cannabis use and schizophrenia.
- Cannabis is not physically addictive but some cannabis users do develop a psychological dependence on the drug.
- Cannabis use may lead on to use of other drugs, including those that are physically addictive.
- Long-term studies show that use of other illicit drugs among youth almost never occurs unless they have first used cannabis.
- Tobacco use is the strongest predictor of cannabis use. If a gate way drug exists, it is tobacco.



## Heroin

- Opium has been known and used as a sedative in some cultures for several thousand years
- Heroin is a relatively new substance.
- It was first synthesized from morphine in 1874 in Germany and given the name *heroisch* - meaning 'powerful'.
- Because it is so addictive, users may find themselves taking more and more heroin just to 'feel normal', and according to government findings, users spend, on average, £10,000 a year to fund their habit.
- A standard treatment for opiate addiction involves methadone, a long-acting oral opiate that helps keep craving, withdrawal and relapse under control
- Withdrawal is often painful and difficult but not life threatening.
- Coming off the drug can be very difficult because withdrawal symptoms - although lasting for only a few days - are fairly severe.



# Tranquillisers

- Tranquillisers are one of the most commonly prescribed drugs in the UK
- Over 250,000 people in this country have regular prescriptions for these drugs.
- Some tranquillisers can become addictive very quickly.

If you are prescribed tranquillisers by your doctor and are worried about becoming addicted, here is some advice for use:

- Only use on a short-term basis (up to two weeks) and under medical supervision
- Avoid using with alcohol or any other sedative substances
- Never attempt sudden withdrawal from dependent use
- Withdrawal should be gradual, under medical supervision
- Avoid repeat prescriptions.



# Caffeine

- Normal variations in daily caffeine intake by regular consumers produce no symptoms or adverse effect.
- Sudden reduction or giving up by regular consumers may lead to mild symptoms of withdrawal.
- These are commonly experienced as headache or lethargy, which last for a few days only and disappear completely, leaving no prolonged effects.
- The World Health Organization has stated, 'There is no evidence whatsoever that caffeine use has even remotely comparable physical and social consequences which are associated with serious drugs of abuse.'

