

Somerset County **PARENTS'** **HANDBOOK**



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Division of Mental Health & Addiction Services
wellness**recovery****prevention**
laying the foundation for healthy communities, together

funded by Safe Communities Coalition



A message from the Board of Chosen Freeholders

The Somerset County Board of Chosen Freeholders has made a commitment to the youth of this County, a commitment to educate parents and children about the seriousness of alcohol and drug dependency. Our children are our nation's future and we must ensure that they grow up to be responsible, capable citizens.

This Parent Handbook, prepared by EmPoWER Somerset, will serve as a valuable tool in the fight to overcome one of the most difficult and devastating problems facing our society today.

The booklet thoroughly examines the topic of substance abuse and hopefully, it will enable you to address this problem with your children. Studies show that substance abuse is occurring at younger and younger ages, so it's never too soon to broach this subject within your own family.

The key to stopping the cycle of drug and alcohol dependency is a coordinated prevention strategy initiated early in the home by you, the parents. That is why it is so important for you to learn to recognize the signs of substance abuse and deal with it effectively in its early stages.

In Somerset County, we have developed many programs to deal with alcohol and drug abuse. We invite and encourage parents to learn more about these programs and resources that are available.

Our most precious commodity is our children. We must win the way against alcohol and drug dependency so that innocent children are no longer victimized and dependent on these destructive substances.

If you have any questions about this booklet or any of the programs that Somerset County has in place, please feel free to contact me at (908) 231-7030 or freeholdersoffice@co.somerset.nj.us.

Freeholder Director Patrick Scaglione, Freeholder Director

A message from the Superior Court Judge

As the Presiding Judge of the Family Division of Vicinage 13 (Somerset, Hunterdon and Warren Counties), it is my desire to share this message with all parents and children.

Drugs and alcohol abuse are among the most distressing and devastating problems we presently encounter in this Division. The impact on the entire family is wide-ranging; it affects all aspects of life, from home, to school, and to the workplace. It is not a problem that can be attacked by a single entity. It is one which the Courts, the family, and the public must collectively address.

Education must be combined with a commitment from all family members to discuss the consequences of substance abuse, alcohol and drugs. Whether it be from the standpoint of health impact, the potential loss of freedom, or monetary loss, any or all of these reasons should be stressed when realizing the consequences of substance abuse.

The family unit is our strongest ally in this struggle. Understanding and realizing the ramifications of the problem can only be accomplished by our joint efforts.

This handbook should be shared with your children so that they also realize what drugs and alcohol can do, and more importantly, what they face if they choose to use these substances.

Superior Court Margaret Goodzeit, PJFP

A message from the Prosecutor's Office

Today, more than ever, young people are faced with a myriad of opportunities and decisions. The outcome of some of those decisions can be life-altering in some cases, unfortunately, in incredibly destructive ways. It seems, too, that the years during which our children are exposed to traditionally mature scenarios and forced to make hard choices have become increasingly tender. All too frequently we are astounded by media accounts of young members of our community who have embroiled themselves in lifestyles that include the abuse of and dependency upon drugs and/or alcohol.

In addition to the dreadful physical harms incurred by young offenders who engage in underage drinking or illegal drug use, the damage to society is alarming and pervasive. Many of our crimes against people and property are, regrettably, consequences of the need to obtain the means to continue to satisfy the dependency. Attaining a proficiency in juvenile delinquency or amassing a significant criminal history is simply no way to launch into or develop one's adulthood.

For parents and guardians there is, indeed, no precise path to ensure that children completely avoid the perils associated with the illicit use of drugs and/or alcohol. Through education, communication and participation, the likelihood of success is greater. To effectively assist, parents and guardians need to understand the ramifications of poor decisions involving illegal drugs and underage consumption of alcohol. Vital knowledge can foster the initiation and effective continuation of a dialogue about drug and alcohol use. Furthermore, full involvement in the overall development of their children will permit parents and guardians to detect the critical warning signs that could very well prevent serious problems.

Organizations like EmPoWER Somerset and informational materials such as the Somerset County Parents' Handbook on Substance Abuse are invaluable educational resources for parents and guardians. I certainly encourage you to avail yourselves of the critical data compiled through the committed and thorough efforts of EmPoWER Somerset and other such worthy groups and associations. With education comes the means to effectively understand the perils of drugs and alcohol and to successfully undertake steps to prevent or resolve same.

I have said it before, and it bears repeating: even a single instance of poor judgment can eliminate a lifetime of opportunities. Let organizations like EmPoWER Somerset help you to help your children so their opportunities are not lost.

On behalf of the law enforcement community throughout Somerset County, I applaud EmPoWER Somerset for its service to our community, and as a parent of twin teenagers, I thank EmPoWER Somerset for same.

Geoffrey D. Soriano, Somerset County Prosecutor

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Section I

Young people and substance abuse:
What you can do as a parent.

A. Influence of parents' attitudes

The most effective deterrent to drug use isn't the police, or prisons, or politicians—it's you. Kids who learn about the risks of drug use from their parents are 36% less likely to smoke marijuana than kids who learn nothing from them. If you talk to your kids about the dangers of drug use, they are also 50% less likely to use inhalants, 56% less likely to use cocaine and 65% less likely to use LSD - just because you took the time to talk to them. Research has also shown that kids want to hear what their parents have to say. In fact, 74% of fourth graders wish their parents would talk to them about drugs. Children who regularly talk to their parents about their daily activities are also 67% less likely to abuse alcohol or drugs than children who have little or no communication.

B. Teaching your kids ways to say no

(The following is courtesy of the U.S. Department of Education) No matter where children grow up or who their friends are, nearly all of them are confronted at some time or another by friends with bad ideas - ways of testing limits, getting in trouble, and doing things they'll regret later. It's not so hard saying, "No thanks, I have to go now" to a stranger. But it's a lot tougher when a child's friend—especially one whose approval means a lot to him —tries to get him to do something he knows is wrong. Even "good kids" occasionally pester their friends into skipping a class or lying about why they were out together so late. But if friends or acquaintances entice your children to try tobacco, alcohol, or drugs, the consequences can be more serious. The best way to prepare children to succeed in these encounters is to "role play" — practice similar scenarios in advance. With the right words at the tip of their tongue, children can assert their independence while making it clear that they're rejecting their friends' choices and not the friends themselves.

It is best to have these practice sessions before your child finds herself in any new situation. If your child hasn't asked you what she should do in such situations, find the time to bring it up yourself, and state "no" for an answer.

You might, for instance, take the role of a boy she likes and try to persuade her to share a six-pack of beer with you. What can she say? "You're such a jerk!" is alienating. "I don't know..." leaves the door open and sounds like she could be coaxed. The middle ground, in which she's firm but friendly, works best. Help her rehearse key phrases that give reasons for why she simply won't have a beer:

- "My parents would kill me if they found out, and they always find out!"
- "No, I'm not into that stuff."
- "I tried it once, and I hate the taste."
- "My parents trust me to not drink, and I don't want to break that trust."

Or she could state the consequences of drinking:

- “I tried it once and ended up vomiting on everything!”
- “Drinking would make me feel out of control, and I hate that.”

She could also simply reply: “No, thanks.”

She'll need to be prepared for protests. She can meet them with the “broken record” technique, in which she repeats her reason for not drinking over and over until attempts at persuading her cease. Or she can make it clear that the discussion about beer is over by changing the subject: “Did you watch the basketball game last night?” or “Hey, do you know if that concert’s sold out?” If all else fails, she should leave the scene saying, “I’ve got to go.” She'll need to be prepared for protests. She can meet them with the “broken record” technique, in which she repeats her reason for not drinking over and over until attempts at persuading her cease. Or she can make it clear that the discussion about beer is over by changing the subject: “Did you watch the basketball game last night?” or “Hey, do you know if that concert’s sold out?” If all else fails, she should leave the scene saying, “I’ve got to go.”

C. Warning signs & recognizing drug use

The following is a list of warning signs that indicate drug use. It is important to note that if a child shows any of the following symptoms; it does not necessarily mean that he or she is on drugs. Some of these behaviors are a result of stress, depression or numerous other problems.

- Loss of appetite, increase in appetite, any changes in eating habits, unexplained weight loss or gain
- Slowed or staggering walk; poor physical coordination
- Poor sleeping patterns, unusual laziness
- Physical signs such as:
 - Red, watery eyes
 - Blank stare
 - Shaking hands
 - Excessive/irregular blushing or paleness
 - Dilated pupils
 - Cold, sweaty palms
 - Puffy face
- Smell of substance on breath, clothing or body
- Hyperactivity, excessive talkativeness
- Needle marks on arm, leg or bottom of feet
- Tremors or shakes of hands, feet or head
- Change in overall attitude/personality with no other identifiable cause
- Change in friends; new hang-outs; sudden avoidance of old crowd
- Change of personal appearance including clothing, makeup, hair etc.
- Drop in grades at school or performance at work

- General lack of motivation, energy, self-esteem, apathetic attitude
- Decline in personal hygiene habits
- Sudden over sensitivity, temper tantrums, irritability or nervousness
- Paranoia; secretive or suspicious behavior
- Unexplained need for money, stealing money or items
- Possession of drug paraphernalia

Each drug has specific symptoms which are described in more detail in Section V: Illegal Drugs.

D. What to do if you find drugs or paraphernalia

What to do:

When in doubt, get help!

- Have your family doctor or local clinic examine your child to rule out any other physical problems
- Never confront a child who is under the influence of alcohol or other drugs. Wait until he or she is sober, and then discuss your suspicions with your child calmly and objectively
- If you think that your child is being untruthful and the evidence is pretty strong, you may wish to have your child evaluated by a health professional experienced in diagnosing adolescents with alcohol- and drug-related problems. You may also purchase an at-home drug test at most pharmacies.
- If you do not know about drug treatment programs in your area, call your doctor, local hospital, state or local substance abuse agencies, or county mental health society for a referral

If you find drugs or drug paraphernalia in your child's possession, it is suggested that you:

1. Avoid direct skin contact with any unknown substance
2. Do not transport the substance as you may be subject to drug possession charges
3. Call your local police. Failure to turn CDS over to the police is a disorderly person offense (NJSA 2C:35-10c). A police investigation follows the retrieval of the drug/ paraphernalia and the child will be appointed a juvenile court lawyer. Parents and police officers involved will be subpoenaed. Each case is unique, and there are no guaranteed outcomes or sentences following trial.**
4. For assistance in identifying an unknown substance, you can contact the Poison Control Center at 800-222-1222

*** Not all families are automatically appointed a public defender; eligibility for a court lawyer is based on finances. Parents or guardians; therefore, may be responsible for hiring their own lawyer.*

E. A parent's guide to teenage parties

When your teen is having a party:

Plan in advance—Parents and child should discuss party plans before the party to decide on:

- Date and time: a start and end time will set a clear time frame
- Guest list: an “open party” situation can be avoided by making a guest list; smaller groups (10-20) tend to make interaction and activities easier
- Activities: plan a variety of activities to fill the time such as sports, movie rentals or games
- Food: have plenty of food and non-alcoholic drinks on hand; food can also be used as a party activity (i.e.: barbecuing or baking)

Parents should remove all alcoholic beverages belonging to them if in the same area where the party is being held.

Agree to rules ahead of time: Children should understand that they are held accountable for their own actions and activities. However, some basic rules should be discussed with the child preceding the party, including:

- No alcohol or other drugs allowed
- Once a child has left the party, they cannot return
- No gatecrashers
- Lights must be left on
- Guests are only allowed in certain rooms/areas of the house

Parents must be present at the party: The presence of an involved, concerned parent at a party makes a positive difference that should never be underestimated. Parents help to keep the party under control and help to ensure the safety of all attending. If a large party is anticipated, parents should enlist the help of other adults who can not only help with potential problems, but also act as company for the parents. Here are some other helpful guidelines for parents:

- You must be visible and present at all times
- Do not leave the party even for a short time
- Be at the door when guests arrive. Be alert as to who is present
- Greet parents who have driven children to the party
- Contain the party to your house and backyard
- Notify police when giving a large party so that you can discuss parking plans and other concerns
- Discuss the party afterwards with your teenager and share your observations and possible frustration

When you are out of town

When parents leave town, their homes frequently become sites for parties. There is also great pressure on teenagers whose parents are away to hold a party at their house; therefore, parents must take some precautions before leaving:

- Clarify with your teenager what you expect from him/her while you are away, as well as their responsibilities and the consequences of their actions
- Have a responsible adult stay in your home while you're away; explain your family policies and rules regarding parties
- Inform your neighbors of your absence; let them know who is staying at your house in your absence and request that they contact you, the adult in the house or even the police, if a party occurs
- Let the parents of your child's friends know about your absence - cooperation among parents and community members is essential and productive

In the event that a party is held, find out who attended and contact their parents as soon as possible.

When your teen is attending a party

Call the host—Personally contact the parents of the party giver to:

- Verify the event
- Offer assistance and support
- Ensure that the parents will be present
- Be certain that alcohol and drugs will not be permitted

Your child may be upset that you are calling; if this happens, remind your child that you are doing it because you love them and because you care enough to check. Establish a "No Call - No Party" rule and enforce it firmly.

- Check the party plans with your child beforehand: Make sure you have the phone number and address of the party and instruct your child to inform you of any change in location. It's also important to know the names and phone numbers of other invited guests.
- Know how your child is getting to and from the party
- Make it easy for your child to leave the party: Arrange that you, a family friend or relative can be called if a ride home is needed. Discuss the possible situations that might warrant your child to leave early. Reinforce that your child should never get a ride home from someone who is under the influence of drugs or alcohol under any circumstance.
- Agree on an acceptable curfew
- Verify overnight arrangements: If your child is planning on sleeping over at a friend's house after the party, personally verify the plans with the parents

When your teen arrives home

- Spend a few minutes communicating with your child upon his/her return home, not to attack them or make them defensive about the party but to ensure that everything is all right and to talk with them about any concerns. Open communication is imperative and must be attempted.
- If your child is acting inappropriately or unusually, you might consider the possibility that they have been drinking or taking illegal drugs
- Reiterate that the rules you enforce are made in their best interest

If your teenager attends a party where alcohol is either served by the parents or allowed, it is important to:

- Call to discuss your feelings with the parents
- Discuss the legal ramifications with them
- Share your concerns with other parents

F. Internet Safety

There is no doubt that the internet is a valuable tool for accessing useful information. Unfortunately, it is also a source for harmful information which can pose a threat to your teen. Websites that promote drug use often include suggestions on how to use an illicit substance, and sometimes provide a forum for illegal drug sales. In 2006, more teens abused prescription drugs more than any other illicit drug except for marijuana. It has been estimated that the number of websites selling prescription drugs is close to 1,000; this number fluctuates on a daily basis, but according to the FDA (2009) it is growing.

In addition to websites, the internet is also an increasingly common means of communication among teens through social networking sites, bulletin boards, chat rooms, and instant messages, which can also make your teen vulnerable to harm.

Tips to help you to minimize these potential threats and help protect your children:

- Keep your home computer in a centralized area of the home rather than in your teen's bedroom.
- Familiarize yourself with parental control or tracking options offered by your internet service provider. These services can help you restrict access to inappropriate material and monitor sites that your teen has been visiting.
- Talk to your teen about internet safety
- Chat only with people you know. Do not respond to chat or e-mail when you do not recognize the person sending it.
- Protect your anonymity when selecting an e-mail address/screen name. Avoid information that could allow a stranger to figure out who you are.
- Use caution if posting a "profile" or "away message." Never provide your full name, address, telephone numbers, school, or friends' names as this information could be used to lure you into a conversation with a stranger who claims to know you.

F. Internet Safety — continued

Sexting & Cyberbullying

Sexting is the act of sending explicit, nude or semi-nude photos via cell phone (which could later be uploaded to the internet). It could also involve sending sexually explicit messages via text messaging, email, instant messenger and/or chat.

- 20% of teens have sent or posted nude or semi-nude pictures/videos of themselves.
- 39% of teens have sent or posted sexually suggestive messages.
- 18% of teens say someone has posted a humiliating picture of them, or has humiliated them online. (Common Sense Media, 2009)

Remind your children that once a picture is sent or uploaded, it is now on the world-wide web. Even if a picture is deleted in a timely fashion, it is difficult to know who has already copied the picture and posted it elsewhere. Possible long term consequences, potential employers, college recruiters, friends and enemies could get a hold of the post.

This type of conduct may also result in criminal charges. Individuals who photograph, film or disclose images of nude or semi-nude non-consenting persons, or nude children under the age of 16, may be charged with a 4th degree, 3rd degree or 2nd degree crime, and may have to register pursuant to Megan's Law. 2c: 14-9

2c: 24-4

2c: 7-1 et. seq.

- 19% of teens say they have been harassed online or “cyberbullied”
- 38% of teens know someone who has been “cyberbullied”

Many youth find it easier to send sexually explicit or hurtful messages online, rather than face-to-face communication; therefore, it is important to stress that teens should conduct themselves during online communication the same way they would when in a social situation. Cyberbullying, like more traditional bullying, can cause emotional and psychological harm.

Encourage your teen to tell you if they receive any communication that is unwanted, inappropriate, or makes them uncomfortable.

The Somerset County Prosecutor's Office offers a free Internet Safety Seminar that discusses on-line dangers, using examples from actual Somerset County Cases, and includes various tips for keeping your children safe on-line. Due to the material covered, the program is intended for adults only and is aimed at parents with little or no computer experience. If you would like to schedule this program in your school district, please contact (908) 231-7100. *(Information obtained from www.scpo.net)*

G. Safe disposal of medications

A growing trend among our youth is the abuse of prescription drugs, such as pain killers or opioids like Percocet, central nervous system depressants prescribed for anxiety like Xanax, and stimulants prescribed for ADHD like Ritalin. More and more teens are using prescription and over-the-counter drugs to get high; but where they are getting the drugs may surprise you. 70% of teenagers report that they are getting their drugs from their home medicine cabinets. Heroin addicts are beginning with pain killers prescribed directly for themselves or for family members. Once they can no longer get the prescription filled, the individual turns to the streets. “Once they hit the streets, for instance, one oxycontin pill can cost \$30, but a bag of heroin, which is now more potent than ever, can cost as little as \$3 a bag,” said Prosecutor Geoffrey D. Soriano, Somerset County Prosecutor.

It is important to understand that when over-the-counter and prescription medications are used to get high, they are every bit as dangerous as “street drugs.” In addition, when prescribed drugs are used by or distributed to individuals without prescriptions, they are illegal.

We can all play a role in ending prescription drug abuse. By working together as a community, here are the things we can do to make a difference:

- **Safeguard Your Medicine.** Keep prescription medicine in a secure place. Count and monitor the number of pills you have and lock up your medicine.
- **Dispose Properly of your Unused Medicine.** Find a Prescription Take-Back Box near you. In Somerset County, there are 6 Permanent Prescription Take-Back boxes:
 - o Somerset County Sheriff's Office , County Administration Building (Lower Level) 20 Grove Street, Somerville
 - o Bernards Township Police Department, 1 Collyer Lane, Basking Ridge
 - o Branchburg Police Department, 590 Old York Road at Route 202 North, Branchburg
 - o Franklin Township Police Department, 495 Demott Lane, Somerset
 - o Hillsborough Police Department, 379 South Branch Road, Hillsborough
 - o North Plainfield Police Department, 263 Somerset Street, North Plainfield

For the most up-to-date information on the location of Rx Take-Back boxes, visit <http://safecoalition.org/2013-07-09-rx-disposal>

When bringing your medications to a permanent Rx box, it is recommended that the pills are kept in the original container with all contact and Rx information covered by a permanent marker or removed from the container. Do not put the medications in a baggie.

Syringes and liquids are not accepted at an Rx box. In Somerset County, Robert Wood Johnson at Somerset and St. Peter's Hospital participate in the New Jersey Hospital Association's Safe Syringe Program.

To find other locations in New Jersey, visit Project Medicine Drop, maintained by the NJ Division of Consumer Affairs, at <http://www.njconsumeraffairs.gov/meddrop/locations.htm>.

To find other locations throughout the United States, visit the American Medicine Chest Challenge website at <http://www.americanmedicinechest.com>.



Section II

Getting Involved in Your Community

A. Safe Communities Coalition of Somerset and Hunterdon Counties



The Safe Communities Coalition of Somerset and Hunterdon Counties includes a wide network of community partners working together to prevent substance abuse among youth. The Coalition is made up of dedicated professionals from a variety of backgrounds including schools, law enforcement, education, non-profits, healthcare, youth, parents, and many more. Through widespread community collaboration, environmental change, and community education in Hunterdon and Somerset counties, the Coalition addresses areas of concern including, but not limited to, reducing Rx drug abuse across the lifespan, underage drinking, tobacco, marijuana, and other drug use. Some projects that the Coalition has worked on are installations of prescription drug drop-off boxes, "Parents Who Host, Lose the Most" campaigns, successful town hall meetings in various school districts and towns, drug and alcohol prevention efforts at various community-wide events, implementation of youth coalitions, and many more. The Coalition meets every third Tuesday of the month at Raritan Valley Community College. If you'd like more information about the coalition, please visit www.safecoalition.org or contact EmPoWER Somerset at (908) 722-4900.

B. Safe Communities YOUTh Coalition

The Safe Communities YOUTh Coalition is the youth sector of the Safe Communities Coalition of Somerset County. It is comprised of middle school students from various school districts throughout the county. Through hard work and dedication, the Safe Communities YOUTh coalition helps to build a better community by encouraging youth to make safe and healthy decisions and preventing substance abuse. Change starts with YOU! Currently, the YOUTh coalition meets bi-monthly at the EmPoWER Family Success Center in Somerville. To learn more about the coalition or to join, contact EmPoWER Somerset at (908) 722-4900.

C. Somerset County Youth Council

The Somerset County Youth Council was established to give young people a forum where their ideas and concerns could be expressed and conveyed to the Board of Chosen Freeholders. The members that are represented are 8th grade to high school students in Somerset County. Activities of the Youth Council are coordinated by the students. The Youth Council focuses on the environment, drugs and alcohol, diversity, and education. The Youth Council meets from 7:00 to 8:30 p.m. on the first Thursday of each month at the Somerset County Human Services Building, located at 27 Warren Street, Somerville. If you have any questions about the Youth Council, contact Sarah Murchison at (908) 704-6300.

D. Municipal Alliances

Municipal Alliances are community-based prevention organizations, comprised of volunteer representatives from schools, courts, law enforcement, religious and social service organizations, parents, businesses, recovering persons and concerned citizens. The municipal alliances plan, coordinate and implement alcoholism, tobacco and other drug-related prevention activities. In essence, anyone can join the alliance as long as he or she is concerned about substance abuse and wants to provide prevention programs in their community. To find out which alliance your town is a part of and more information, visit <http://www.co.somerset.nj.us/hservices/hsdept/municipalalliance.html> or contact the Somerset County Municipal Alliance Coordinator at (908) 704-6300.

E. Municipal Youth Services Commissions

The Municipal Youth Services Commissions recognizes the value of bringing together key community leaders and stakeholders to collaborate and address the needs of at-risk youth. Periodically, representatives from Municipal Commissions present progress reports at county Youth Services Commission meetings. The Somerset County Youth Services Commission staff provides resource information and technical assistance to volunteers serving as appointed members of the Municipal Youth Services Commissions. If you have any questions about the municipal youth services commissions, please contact the Office of Youth Services at (908) 704-6333.

F. Youth Activities in Somerset County

When speaking with many young adults about why their peers get involved with drugs and alcohol, many said that they believed their peers were bored and had nothing to do. There are many activities that children and teens can get involved with in Somerset County. EmPOWER Somerset has compiled a list of free and tuition-based youth activities in the county for youth and teenagers, available at www.empowersomerset.com along with contact information and details about how to get involved.

Section III

Substance Abuse Resources

A. Understanding Addiction

Drug addiction is a chronic disease that involves compulsive drug seeking behavior and continued use despite the negative consequences which affects an individual's personal life, including school, job, family, friends, health, spiritual life and the law. Due to the changes in the brain chemistry, it is challenging for addicts to simply stop using drugs. Treatment approaches that are tailored to each person's drug abuse patterns and any co-occurring medical, psychiatric, and social problems can lead to sustained recovery from drug use.

B. Community Resources

If your child has a problem with drugs or alcohol contact the school nurse, guidance counselor or Student Assistance Counselor (SAC) at their school.

If you or a family member has a problem with drugs or alcohol and you are unaware of drug treatment programs in your area, call your doctor, local hospital, state or local substance abuse agencies, or county mental health society for a referral.

Somerset County Resources for Persons Affected by Substance Abuse

Community Substance Abuse Prevention

EmPoWER Somerset

www.empowersomerset.com

908-722-4900

Municipal Alliance Coordinator

www.co.somerset.nj.us

908-704-6305

Somerset Treatment Services

www.somersettservices.org

908-722-1232

Assessment, Referral, Early Intervention

Catholic Charities

www.ccdm.org

908-722-188

EmPoWER Family Success Center

www.empowersomerset.com

908-722-4400

Family & Community Services

<http://fcssomerset.org>

732-356-1082

Jewish Family Service

www.jewishfamilysvc.org

908-725-7799

Richard Hall Community Mental Health Center

908-725-2800

Samaritan Homeless Interim Program

www.ship908.com

908-393-9545

Somerset Treatment Services

www.somersettservices.org

908-722-1232

Veteran's Administration - Lyons

www.newjersey.va.gov

908-647-0180 x4269

Methadone Maintenance/Methadone Detoxification

Somerset Treatment Services

www.somersettservices.org

908-722-1232

Detoxification

Carrier Clinic

www.carrierclinic.org

1-800-933-3579

Princeton House

www.princetonhouse.org

1-800-242-2550

Out Patient/Intensive Out Patient

Carrier Clinic

www.carrierclinic.org

1-800-933-3579

Catholic Charities

www.ccdm.org

908-722-1881

Family & Community Services

<http://fcssomerset.org>

732-356-1082

High Focus Centers

www.highfocuscenters.com

800-877-3628

Jewish Family Service

www.jewishfamilysvc.org

908-725-7799

Princeton House

www.princetonhouse.org

888-437-1610

Richard Hall Community Mental Health Center

908-725-2800

Somerset Treatment Services

www.somersetmentservices.org

908-722-1232

The Center for Great Expectations

www.thecenterforgreatexpectations.org

732-993-6403

Partial Hospital

High Focus Centers

www.highfocuscenters.com

800-877-3628

Princeton House

www.princetonhouse.org

888-437-1610

Residential

Alternatives

www.alternativesinc.org

908-685-1444

Bonnie Brae (Treatment Center for Boys)

www.bonnie-brae.org

908-647-0800

Carrier Clinic
www.carrierclinic.org
800-933-3579

The Center for Great Expectations
www.thecenterforgreatexpectations.org
732-247-7003

Easter Seals
www.eastersealsnj.org
908-722-4300

Princeton House
www.princetonhouse.org
800-242-2550

Touchstone Hall
www.vantagenj.org
201-784-6490

Veteran's Administration - Lyons
www.newjersey.va.gov
908-647-0180 x4217

Halfway Houses

Anderson House (Adult Women)
www.andersonhouse.org
908-534-5818

Daytop Village of New Jersey at Crawford House (Adult Women)
www.daytopnj.org/crawford
908-874-5153

Freedom House (Adult Males)
www.freedomhousenj.org
908-537-6043

Transitional and Supportive Housing

The Center for Great Expectations
www.thecenterforgreatexpectations.org
732-247-7003 x15

Community Hope, Inc.
<http://communityhope-nj.org>
908-647-5717

Easter Seals

www.eastersealsnj.org

908-722-4300

The Family Afterward

www.freedomhousenj.org

908-892-0750

Tobacco

Robert Wood Johnson University at Somerset - Steeplechase Cancer Center

<http://www.rwjuh.edu/scc/tobaccoquitcenter.aspx>

908-685-2442

Self-help Groups

Alcoholics Anonymous

www.nnjaa.org

800-245-1377

Al-Anon

www.nj-al-anon.org

973-744-8686

Alanon/Alateen

www.al-anon.alateen.org

888-425-2666

Freedom Trail

908-722-5778

Narcotics Anonymous

www.naranonofnj.org

800-992-0401

NJ Self-Help Clearing House

www.njgroups.org

800-367-6274

NJ 2-1-1 Addictions Hotline

www.nj211.org

Smart Recovery

www.smartrecovery.org

Hotlines

Ala-call Substance Abuse Hotline

www.snj.com/ala-call

800-322-5525

Alcohol and Cocaine Abuse Hotline

(800) 888-9383

New Jersey Drug Hotline

(800) 225-0196

Psychiatric Emergency Screening Services (PESS)

(908) 526-4100

Poison Control Center

(800) 222-1222

Somerset County Departments

Somerset County Department of Human Services

(908) 704-6300

Somerset County Office of Youth Services

(908) 704-6333

Municipal Alliances for Substance Abuse Prevention

(908) 704-6305

Municipal Youth Services Commissions

(908) 704-6352

Somerset County Intoxicated Driver Resource Center

(908) 704-6304

Web Sites

www.co.somerset.nj.us (Somerset County)

www.scpo.net (Somerset County Prosecutor's Office)

www.empowersomerset.com

www.drugfree.org (Partnership at DrugFree.org)

www.clubdrugs.org (Club Drugs/NIDA)

www.health.org (National Clearinghouse for Alcohol and Drug Information)

www.nida.nih.gov (National Institute on Drug Abuse)

www.tobaccofreekids.org (National Center for Tobacco Free Kids)

www.theantidrug.com (The Anti-Drug)

www.dare.com (D.A.R.E. America)

The U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Treatment (CSAT) provides a toll-free, 24-hour treatment referral service to help you locate treatment options near you.

For a referral to a treatment center or support group in your area, call: 1-800-662-HELP, 1-800-487-4889 (TDD), 1-877-767-8432 (Español), or visit <http://findtreatment.samhsa.gov>

Some listings were found from the Resource Guide For Persons Affected by Substance Abuse In Somerset County. For full listings or updates, visit <http://www.co.somerset.nj.us/hservices/hsdept/>.

C. Permanent Rx Drop Box Locations

Prescription drug abuse is increasing in New Jersey. In order to decrease the access of teenagers getting their hands on medication, it is important to lock up your medication or dispose them at a permanent drop off box. Below are six permanent drop off boxes located in Somerset County, currently. Please visit safecoalition.org for any updates or read Section I,G for more information about prescription drug abuse.

Somerset County Sheriff's Office
County Administration Building (Lower Level)
20 Grove Street, Somerville

Bernards Township Police Department
1 Collyer Lane, Basking Ridge

Branchburg Police Department
590 Old York Road at Route 202 North, Branchburg

Franklin Township Police Department
495 Demott Lane, Somerset

Hillsborough Police Department
379 South Branch Road, Hillsborough

North Plainfield Police Department
263 Somerset Street, North Plainfield

D. Empower Somerset Community Kiosk/ empowernj.com

Somerset County residents have a new resource for locating local community services through the “Empower Yourself - Get Connected” information kiosk provided by EmPoWER Somerset. The kiosk, previously housed within the Somerset County Court House and the county Human Services building, was recently relocated to Raritan Valley Community College (RVCC).

The kiosk is an interactive resource guide that provides immediate information regarding social services available in Somerset County. Through a touch screen, users are able to search by key word or category or by clicking on a list of frequently asked questions. Results are displayed along with the contact information and detailed descriptions of the agencies and programs that provide the services being sought. Kiosk users have the option of printing their search results or having a more detailed summary of their search results sent directly to their e-mail address. The complete kiosk database is also accessible on-line at www.empowernj.com.

Section IV

The Law

A. Possession and Sale of Alcohol and Other Drugs

Anyone under 21 years old who consumes or possesses any alcoholic beverage in a public place or a motor vehicle is a disorderly person subject to a fine of \$500 to \$1,000 and up to six months in jail. If the possession occurs in a motor vehicle, the court shall suspend or postpone the offender's driving privilege for six months (N.J.S.A. 2C:33-15).

Anyone who possesses a "controlled dangerous substance" such as marijuana or hashish is subject to a fine of \$1,000 and up to six months in jail. If the quantity is more than 50 grams of marijuana, the fine can rise to \$25,000 and there can be up to eighteen months in state prison. Anyone who possesses a "controlled dangerous substance" such as heroin, cocaine or other drugs is subject to a fine of up to \$35,000 and five years in state prison. Anyone who possesses any "controlled dangerous substance" or "prescription legend drug" (N.J.S.A. 2C:35-10.5) will have their driver's license suspended or postponed for between six months and two years. If the "controlled dangerous substance" or "prescription legend drug" is possessed in a motor vehicle, there is a two year driver's license suspension (N.J.S.A. 2C:35-10; 2C:35-16; 39:4-49.1).

Anyone who knowingly or purposely possesses certain "controlled dangerous substances" (including, but not limited to, cocaine, heroin, and prescription drugs not prescribed by a doctor) is guilty of a third degree crime and subject to a fine of up to \$35,000 and up to five years in State Prison. Anyone possessing certain other "controlled dangerous substances" is guilty of a fourth degree crime, subject to a fine of up to \$15,000 and 18 months in State Prison. Possession of marijuana, depending upon weight, is either a fourth degree crime or a disorderly persons offense. Disorderly persons offenses subject one to a fine of up to \$1,000 and six months in jail. There shall also be a driver's license suspension of six months to two years.

Chemicals used in "Spice" and "K2" type products are now under Federal and State control and regulation. This action makes possessing and selling these chemicals or the products that contain them illegal in the United States. As of February 28, 2012, all variants of synthetic cannabinoids are classified as schedule I CDS in New Jersey (by order of the Division of Consumer Affairs). Possession is a 3rd degree crime: 3-5 years in prison; \$35,000 fine.

B. Serving Alcohol to Minors/Parents Who Host Lose the Most

Parents Who Host Lose the Most is a public awareness campaign educating communities and parents about the health and safety risks of serving alcohol to teens, especially during celebratory moments such as prom and graduation. In addition, serving alcohol to underage persons increases the risk of alcohol addiction in the future. This program encourages parents and the ENTIRE community to send a unified message that underage alcohol consumption is unhealthy, unsafe, and unacceptable. Below are a few of the possible risks that parents and people over the age of 21 who serve alcohol to minors can face:

Anyone who purposely or knowingly offers, serves or makes available an alcoholic beverage to a person under the legal drinking age, with certain exceptions for family members and religious ceremonies, is subject to a fine of up to \$1,000 and up to 180 days in jail. (NJSA. 2C:33-17).

It is illegal in NJ to make your home or property available for the purpose of allowing anyone who is under the legal drinking age of 21, a place to consume alcohol (NJSA 2C: 33-17b)

Any person who serves or makes alcohol available to a person under the legal drinking age of 21, is subject to \$1,000 fine and up to 180 days in jail per person served. Parents can be held civilly liable even if they are not present during the time of the party. (NJSA 2C: 33- 17).

If serving an underage person alcohol results in injury, the adult may be charged with Endangering the Welfare of Children, and may be subject to a fine of up to \$15,000 and up to 5 years in state prison. (NJSA 2C:24-4).

New Jersey Law imposes civil liability on social hosts who serve alcohol to anyone under the legal drinking age of 21 who is subsequently involved in an incident causing injury or death.

A social host may be sued for up to two years after an incident that occurred resulting in injury or death. As the result of a lawsuit, your house, car, and bank accounts may be seized and future wages may be garnished.

C. Possession or Consumption of Alcoholic Beverages by Minors

Anyone under 21 years old who consumes or possesses any alcoholic beverage in a public place or a motor vehicle is a disorderly person subject to a fine of \$500 to \$1,000 and up to six months in jail. If the possession occurs in a motor vehicle, the court shall suspend or postpone the offender's driver's license for six months (N.J.S.A. 2C:33-15).

Anyone under 21 years old who enters a store that sells alcoholic beverages for the purpose of purchasing such beverages or having them served or delivered to him is subject to a fine of \$500 to \$1,000, up to 180 days in jail and suspension of driver's license for six months. A person under the age of 21 who attempts to purchase alcoholic beverages, whether or not misrepresenting his age, is also subject to a fine of \$500 to \$1,000, up to 180 days in jail and suspension of driver's license for six months (N.J.S.A. 33:1-81).

D. Drug Free School Zone

Anyone convicted of possessing any type of "controlled dangerous substance" within 1,000 feet of a school or school bus will have to go to prison or do at least 100 hours of community service (N.J.S.A. 2C:35-10).

Anyone who brings or possesses any alcoholic beverages on any property used for school purposes while it is owned by any school or school board without written permission of the school board is guilty of a disorderly person's offense which means up to \$1,000 fine and six months in jail (2C:33-16).

E. Liability for Drug Induced Deaths

Assault by Auto: Driving recklessly and causing serious bodily injury is a fourth degree crime with a fine of up to \$10,000 and 18 months in jail. If a person does this while legally intoxicated, it is a third degree crime with a fine of up to \$15,000 and up to 5 years in State Prison. If there is serious bodily injury and the assault was on or within 1,000 feet of school property or while driving through a school crossing, it is a second degree crime with a fine of up to \$150,000 and up to 10 years in State Prison. (N.J.S.A. 2C:12-1(c)).

Death by Auto: reckless driving which causes another person's death; fine up to \$150,000 and up to 10 years in State Prison (drunk drivers must serve at least 3 years in prison without parole). (N.J.S.A. 2C:11-5).

Aggravated manslaughter: Operating a vehicle recklessly, causing the death of another under circumstances manifesting extreme indifference to human life, is a first degree crime with a fine of up to \$200,000 and incarceration of up to 30 years in State Prison. Death by auto and aggravated manslaughter are crimes for which a defendant must serve a minimum term of 85% of a sentence imposed.

F. Substance Abuse and Motor Vehicles

Underage

For persons under 21 (the legal age in NJ to purchase an alcoholic beverage) who consume an alcoholic beverage, then drive a vehicle when their BAC is 0.01% or more, but less than 0.08%, the penalties are:

Minimum

- 30 to 90 day driving privilege suspension, if currently licensed; or
- 30 to 90 day prohibition from becoming a licensed driver at age 17 years; and,
- 15 to 30 days mandatory community service; and participation in an IDRC or other alcohol education; and completion of a highway safety program **or**
- a combination of the minimum sentences above and DUI sentences (see schedule)

Maximum

- DUI sentences (see schedule). If the BAC is 0.08% or higher, underage persons will receive DUI sentences as noted.

Driving Under the Influence of Alcohol or Drugs (DUI)

A person who operates a motor vehicle with a blood alcohol concentration (BAC) of 0.08% or above is considered to be driving under the influence. A person may also be found to be driving under the influence through officer observation or other evidence.

First Offense (BAC .08% but less than .10%)

- 3 months driving privilege suspension
- \$250-\$400 fine
- 12 to 48 hours of intoxicated driver resource center (IDRC)
- Maximum 30 days imprisonment

First Offense (BAC .10% or higher)

- 7 months to 1 year driving privilege suspension
- \$300-\$500 fine
- 12-48 hours of IDRC
- 30 days maximum imprisonment

Second Offense

- 2 years driving privilege suspension
- \$500-\$1000 fine
- 30 days community service
- 12-48 hours IDRC
- 48 hours to 90 day imprisonment

Third Offense

- 10 years driving privilege suspension
- \$1,000 fine
- 90 days maximum community service
- 12-48 hours of IDRC
- 180 days imprisonment*

*New Jersey Statutes Annotated

For more information on legal sanctions in regards to driving under the influence, visit www.njmvc.gov.

Breath test refusals in New Jersey are subject to:

First DUI offense	\$300-\$500 fines; 7-12 months loss of license; 12 hours minimum IDRC
Second DUI offense	\$500-\$1,000 fines; 2 years loss of license; 12 hours minimum IDRC
Third DUI offense	\$1,000 fine; 10 year loss of license; 12 hours minimum IDRC

Ignition Interlock Device N.J.S.A. 39:4-50.17 (1999)

This device is attached to the vehicle and has a built-in Breathalyzer which prevents the vehicle from starting if the motorist’s blood alcohol content (BAC) exceeds .05 percent. The ignition interlock device is an additional penalty for a DUI conviction.

First DUI offense: Installation of an interlock device may be ordered for six months to one year.

Second DUI offense: Installation of an interlock device for not less than one year, but not more than three years or a two year suspension of registration privileges.

Third DUI offense: Installation of an interlock device for not less than one year, but not more than three years or a ten year suspension of registration privileges.

F. Substance Abuse and Motor Vehicles

— continued

Offense	Fine	Jail & Community Service	Suspension or Revocation	Other
Driving While Suspended for a DUI	First: \$1,000 Second: \$1,250 Third: \$1,500	10–90 days if an injury occurs & 45 days	1–2 years add'l suspension	Insurance Surcharge of \$250 per year will be assessed
Operating a boat under the influence	First: \$250–400 Second: \$500–1,000 Third: \$1,000	Second: 48 hrs–90 days & 30 days of community service Third: Up to 180 days & 90 days of community service	First: 12 months boat license, plus 7–12 months driver's license if BAC is over .10 Second: 2 years boat and 2 years driver's license Third: 10 years boat and 10 years driver's license	IDRC Completion, Treatment (as needed)
DUI with a minor as a passenger	Penalties for a disorderly person offense	Up to 5 days community service	Up to 6 months	–

If the above offenses occurred in a school zone, for 1st and 2nd offenses then fines, loss of license and jail time are doubled. For 3rd offenses, the fines and loss of license are both doubled, but jail time remains the same.

Anyone under the legal age to purchase alcoholic beverages who operates a motor vehicle with a blood alcohol concentration of .01 percent or more, but less than .08 percent shall have his driver's license suspended or postponed from thirty to ninety days, shall perform between fifteen and thirty days of community service, and participate in IDRC (39:4-50.14).

An adult convicted of DUI while they have a passenger under the age of 17 in the vehicle will be charged with a disorderly person's offense.

A significant point that should be emphasized is that “Motor Vehicles” as it relates to all of the DUI charges includes all vehicles propelled otherwise than by muscular power; this includes mopeds, go carts, snowmobiles, and motor boats – any power vehicle. You suffer the same loss of license to operate a car and whatever other fines and surcharges

there are regardless of whether you are actually operating a car. Guilty of DUI charge operating a dirt bike and you lose your license to drive a car.

G. 911 Lifeline Legislation

Lifeline Legislation P.L. 2009 c. 133

This legislation is a response to underage drinkers not seeking medical services for a friend who has drank too much, for fear of punishment. The Lifeline Legislation will grant immunity to the underage drinker; and if applicable, one or two other persons acting with the underage person who called 9-1-1 if they:

Call For Help

One of the underage persons called 9-1-1 and reported that another underage person is in need of medical assistance due to alcohol consumption. Also, the underage person who called 9-1-1 (and, if applicable, one or two other persons acting with the underage person who called 9-1-1) provide each of their names to the 9-1-1 operator.

Stay With Your Friend and Talk With Authorities

The underage person who was the first person to make the 9-1-1 report; (and, if applicable, one or two other persons acting in concert with the underage person who made the 9-1-1 call) remained on the scene with the person under the legal age in need of medical assistance until assistance arrived and cooperated with medical assistance and law enforcement personnel on the scene.

Purchasing, Possessing or Consuming alcohol is illegal for those under the legal drinking age of 21. The Lifeline Legislation in no way condones underage drinking, but is a practical response to a health problem. The Lifeline Legislation (P.L. 2009, c. 133) can be found at http://www.njleg.state.nj.us/2008/Bills/AL09/133_.HTM

H. Overdose Prevention Act/Good Samaritan Law

On May 2, 2013, Governor Christie signed the Overdose Protection Act/Good Samaritan into law.

The Overdose Prevention Act/Good Samaritan Law specifically provides that when a person, in good faith, seeks medical assistance for a person believed to be experiencing a drug overdose, whether the person is seeking assistance for him/herself or for another, the person calling for help and the person experiencing the overdose shall not be arrested, charged, prosecuted, or convicted for certain specified criminal offenses.

Why do we need overdose prevention legislation in New Jersey?

Drug overdose is a major public health crisis and the leading cause of accidental death both in New Jersey and nationally. Almost 6,000 people in our state have died from drug overdoses since 2004 and more than 700 died in 2009 alone. State action was necessary in order to meaningfully address these tragic numbers.

What to do if someone overdoses:

- Call 911 immediately!
- Say “I think someone may have overdosed. (S)he isn’t breathing.”
- If the person is not breathing, do rescue breathing (mouth-to-mouth)
- Give Narcan/naxolone (the opioid overdose reversal drug) to the

person, if you have it

- Lay the person on their side once they resume breathing

Signs of overdose include:

- The person is unconscious and you can’t wake them
- Breathing slowly or not at all
- Lips or nails are turning blue

The Overdose Prevention Act/Good Samaritan Law can be found at <http://www.state.nj.us/oag/dcj/agguide/directives/dir-2013-1-overdose-prev-act.pdf>.

I. Chuck Schumer’s federal law

On July 9, 2012 President Barack Obama signed into law new drug legislation that will permanently ban the deadly chemical compounds marketed and sold as bath salts and incense in the New York State and the United States. According to numerous reports, the chemicals found in bath salts cause effects similar to those caused by cocaine and methamphetamines, including hallucinations, paranoia, and suicidal thoughts. Schumer successfully fought to include three bills relating to synthetic substances – S. 409 (Bath Salts), S. 605 (Synthetic Marijuana) and S. 839 (Synthetic Hallucinogens) – as part of the Food and Drug Administration Safety and Innovation Act. The law added 31 substances to the List of Controlled Substances. For more information about this federal law, please visit <http://www.schumer.senate.gov/record.cfm?id=337207>.

Section V

Alcohol & Tobacco

A. Alcohol

Street Names:	Booze, Crunk
Appearance:	Liquid Form
How Used:	Alcohol is ingested (different types include beer, wine, liquor and alcopops)
Short Term Effects:	Reduction of social inhibitions, dizziness, slurred speech, nausea and vomiting; hangovers which include headaches, nausea, thirst, dizziness and fatigue
Long Term Effects:	Addiction, brain and liver damage
Special Concerns:	Teens are frequently the target of alcohol marketing through ads and products that are designed to be appealing to a young population. Alcopops are becoming a disturbing trend among today's youth. They are sweetened alcoholic beverages that often serve as a transitional drink between sodas and more traditional alcoholic beverages. Drinks such as lemonade and ice tea with alcoholic content are good examples of this trend. 49% of teenagers and 65% of 12th graders have consumed alcopops (Monitoring the Future Survey, 2008). Because it is legal, alcohol is often more easily accessible to teens. Despite these trends, New Jersey law takes a tough stance against underage drinking, holding accountable not only the teen, but also the merchant or other individual that made the alcohol available to an underage person. For more information, please refer to the law section.

Binge drinking is the most common pattern of excessive alcohol use in the United States. This typically happens when men consume 5 or more drinks, and when women consume 4 or more drinks, in about 2 hours. Sometimes, teenagers mix their alcohol with caffeinated alcoholic drinks such as, Four Loko, TILT, etc. or with cough syrup and create a concoction called sizzurp. In addition, prescribed drugs or over the counter medication can have an effect on how alcohol reacts in the body. Different substances can act as a depressant or a stimulant. The mixtures can be very dangerous, especially if they are playing different roles in the body. As a result, parents need to be honest with their teenagers about the dangers of underage drinking and mixing alcoholic beverages with other substances.

Alcohol Infused Whipped Cream

Street Names:	CREAM, Whipped Lightning (Whipahol)
Appearance:	Canisters of cream similar to desert whipped cream. Available in flavors such as German Chocolate, Caramel Pecan, Hazelnut Espresso, Amaretto, Spiced Vanilla, Tropical Passion, Coconut, Strawberry Colada, Cherry, Orange, Raspberry, Chocolate, Vanilla and Caramel.
How Used:	Orally (directly from can or as topping to beverages, desserts)
Short Term Effects:	Reduction of social inhibitions, dizziness, slurred speech, nausea and vomiting; hangovers which include headaches, nausea, thirst, dizziness and fatigue
Long Term Effects:	Addiction, brain and liver damage
	Special Concerns: Ranges from 30 proof to 36 proof depending on the flavor. Has 15 to 18 percent alcohol content, making a can of it equivalent to at least three beers.

Pocket Shots

Street Names:	ShotPak, PowerShots, STR8UP rum pouches, Purple Hooter
Appearance:	Alcoholic beverages that come in shot-sized, laminated-foil, plastic pouches or 50 ml single serve stand up pouches containing 80 proof alcohol. Available in Kentucky Straight, Bourbon Whiskey, Caribbean Gold Rum, Triple Distilled Vodka, London Dry Gin, Especial Gold Tequila
How Used:	Tear open pouch drink directly from it or mix in any drink
Special Concerns:	At an accessible price for underage consumers (.99 - 1.50), it is easier for them to obtain. Compactness of the packaging and the ease with which the drinks can be hidden in a pocket or a purse only add to their attractiveness to teens.

Four Loko

Street Names:	Four Loko
Special Concerns:	Equivalent to drinking three cans of beer and three cups of coffee. Inexpensive 23-ounce, 12% alcohol energy drink. Packaging and flavors offered are attractive to young people.

B. Tobacco

E-cigarettes

Street Names:	Personal vaporizer, hookah pens, e-cig, e-hookah, vape pipe
Appearance:	Battery-powered smoking devices often designed to look and feel like regular cigarettes; they use cartridges filled with a liquid that contains nicotine, flavorings, and other chemicals.
How Used:	When one smokes the e-cigarette, a heating device in the e-cigarette converts the liquid into a vapor, which the person inhales.
Short Term Effects:	The nicotine inside the cartridges is addictive. When you stop using it, you can get withdrawal symptoms including feeling irritable, depressed, restless and anxious.
Long Term Effects:	Because e-cigarettes are an emerging trend, we still don't know enough about their long-term risks or the effects of secondhand exposure. It is safe to assume though that it will most likely have similar effects as using regular cigarettes,
Special Concerns:	The Food and Drug Administration (FDA) has questioned the safety of e-cigarettes. Although there are certain myths that e-cigarettes are a safer alternative to cigarette smoking, scientists and researchers are not positive. When the FDA analyzed samples of two popular brands, they found variable amounts of nicotine and traces of toxic chemicals, including known cancer-causing substances. This prompted the FDA to issue a warning about potential health risks associated with electronic cigarettes. On January 11, 2010, New Jersey Governor Corzine signed a law which bans the use of "electronic smoking devices" in public places and workplaces (amended the 2006 NJ Smokefree Air Act), and bans the sale of electronic smoking devices to persons 18 years and younger.

B. Tobacco — continued

Hookah

Street Names:	Shisha, water pipe, narghile, argileh, hubble-bubble, goza
Appearance:	A single or multi-stemmed instrument for vaporizing and smoking flavored tobacco in which the vapor or smoke is passed through a water basin — often glass-based — before inhalation.
How Used:	Hookah smoking is typically practiced in groups, with the same mouthpiece passed from person to person. The mouthpiece is then used to inhale the tobacco that is being filtered through the water basin. Hookah comes in various attractive flavors, such as strawberry, mint, mango, etc.
Short Term Effects:	Light headedness, dehydration, nausea, coughing, increase in blood pressure, heart rate, flow of blood from the heart; causes arteries to narrow
Long Term Effects:	Hookah smoke contains many of the same harmful toxins as cigarette smoke and has been associated with lung cancer, respiratory illness, low birth weight, and periodontal disease.
Special Concerns:	A hookah lounge offers patrons the opportunity to smoke with a group from a communal hookah pipe. A hookah smoking session may expose the smoker to more smoke over a longer period of time than occurs when smoking a cigarette. A bowl of hookah tobacco contains the amount of nicotine in approximately 70 cigarettes. Also, due to the method of smoking—including frequency of puffing, depth of inhalation, and length of the smoking session—hookah smokers may absorb higher concentrations of the same toxins found in cigarette smoke.

Section VI

Controlled Dangerous Substances

A. Prescription Drugs

More teens abuse prescription drugs than any illicit drug except marijuana. In 2006, more than 2.1 million teens ages 12 to 17 reported abusing prescription drugs.

“Pharming Parties” are another dangerous trend in which teens mix and randomly consume miscellaneous pills without knowing what these pills are or what the effects will be. These medications are often various types of stimulants, depressants, and narcotics.

Kids need to hear from their parents that getting high off prescription drugs is NOT safer than getting high off of street drugs.

Prescription Narcotics (Painkillers—Opiates/Opioids)

Legally prescribed for the relief of severe pain.

Includes: OxyContin® (Oxycodone), Percocet®, Codeine®, Morphine®, Demerol®, Tramadol®

Appearance: Liquid and pill form

How Used: Orally, snorted, injected (intravenously)

Effects: Muscle relaxation, lowered blood pressure, lowered heart rate, lowered respiratory rate, drowsiness, constipation, dryness of mouth, respiratory depression, dizziness, itching, sweating, constricted pupils, nausea/vomiting, physical tolerance and dependency. Other possible consequences of hydrocodone use can be an allergic reaction, difficulty breathing, closing of the throat, hives, seizures, coma, and loss of consciousness.

Special

Concerns: The high school survey reported that 3%, 7% and 9.7% of 8th, 10th, and 12th graders, respectively, reported non-medical use of Vicodin® in the previous year. There are more than 200 medications that contain hydrocodone and are prescribed in the US. This rate of nonmedical OxyContin® use in 2005 among 12th graders was significantly higher than the 4.0 percent of 12th graders who used this drug non-medically in the past year in 2002.

Some reasons may be that there's the extreme competition for college entrance, as well as for Advanced Placement and Honors courses in high school. Students talk of “dying down the pressure” with excess painkillers, stimulants, or sedatives. (CSAP, Prevention Alert, Vol 6, num 4, March 7, 2003) Access to prescription medications through illegal internet sales has also contributed to this increase.

*The previous information came from: www.streetdrugs-university.org, www.Fda.gov and <http://www.justice.gov/dea/concern/concern.htm>

A. Prescription Drugs — Continued

Prescription Narcotics (Stimulants) — Ritalin[®] & Adderall[®]

Street Names:	Vitamin R, West Coast Speed
Appearance:	White tablets
How Used:	Tablets are crushed and the powder is snorted or injected
Effects:	Loss of appetite, fevers, convulsions, headaches, irregular heartbeat, paranoia, hallucinations, excessive repetition of movements, tremors, muscle twitching. For those who abuse stimulants, the range of adverse health consequences includes risk of dangerously high body temperature, seizures, and cardiovascular complications.
Special Concerns:	In 2000, more than 19 million prescriptions for ADHD drugs were filled, a 72 percent increase since 1995. In 2006, 2 percent of teens age 12-17 (an estimated 510,000 persons) used stimulants non-medically in the last year. A study in Wisconsin and Minnesota showed 34% of ADHD youth age 11 to 18 report being approached to sell or trade their medicines, such as Ritalin. The abuse of the stimulant Ritalin is rising.

Legally prescribed drugs to treat Attention Deficit Disorder and hyperactivity (ADD & ADHD), but they are sometimes sold and abused as a street drug.

Prescription Narcotics (Benzodiazepines) — Xanax[®] (Alprazolam), Valium[®] (Diazepam), Ativan[®] (Lorazepam), Klonopin[®] (Clonazepam)

These drugs are legally prescribed for sleep disorders and anxiety disorders.

Street Names:	“Zanies”, Bars, Footballs, “Benzos”
Appearance:	Pills varying in shapes and colors
How used:	Orally or crushed and snorted
Effects:	Adverse effects include increased reaction time, lack of coordination, amnesia, slurred speech, restlessness, delirium, aggression, depression, hallucinations, and paranoia.
Special Concerns:	Fatal if combined with other CNS depressant drugs, such as alcohol or opioids. Abuse of benzodiazepines is often associated with multiple-substance abuse, and is often used in combination with methadone to potentiate methadone’s euphoric effect. Cocaine addicts use benzodiazepines to relieve the side effects (e.g., irritability and agitation) associated with cocaine binges. Benzodiazepines are also used to augment alcohol’s effects and modulate withdrawal states. The doses of benzodiazepines taken by abusers are usually in excess of the recommended therapeutic dose. Benzodiazepines have been used to facilitate sexual assault.

B. Club Drugs, also known as Party Drugs

Background Information

Club drugs, also known as party drugs, are a major presence in nightclubs and underground dance parties called raves. Raves began in the 1980s, initially as informal group gatherings on farms or in vacant buildings attended by young adults, who listened to music, danced and in some instances, took ecstasy. Raves have evolved into a much more organized event with a larger following, usually taking place at nightclubs. The majority of rave participants are either teenagers or young adults in their 20s, middle class and Caucasian. Not all attendees of a rave take club drugs, some go merely to dance and socialize.

The atmosphere of a rave is described as one of acceptance, a place where cliques that are so often found in high schools do not exist. The acronym PLUR, which stands for “peace, love, unity and respect”, is a term commonly used to describe the rave culture. The most popular drug in the rave scene has remained ecstasy, which has been described as the drug that sets the stage for a rave in terms of music, fashion, and general “undercurrent.” Club drug use provides a deviation from the norm of other drug cultures because club drugs are purchased in the club or brought there by the user as opposed to purchase on the street by a supplier.

Club drugs are increasingly referred to as party drugs due to a changing trend in where they are being bought, sold and used. According to the Drug Enforcement Administration, the trafficking of ecstasy is expanding from primarily urban settings to suburban neighborhoods.

Information taken from:

USA Today – “Feds Crack Down on Ecstasy” by Donna Leinwand and Gary Fields

http://www.drugfreeamerica.org/clubdrugs/article_usatoday.html

White House Drug Policy Special Report – www.whitehousedrugpolicy.gov/

DEA report (#DEA-99019) prepared by the Strategic Domestic Unit of the Office of Domestic Enforcement Support (comments or requests for copies are welcomed - please direct to the Intelligence Production Unit, Intelligence Division, DEA Headquarters, at 202-307-8726)

B. Club Drugs, also known as Party Drugs — Continued

Women and men usually wear baggy clothes at a rave. In addition to the style of dress, ravers often have the following accessories and paraphernalia:

Paraphernalia	Purpose
Pacifiers, lollipops	To prevent or lessen the clenching of teeth
Surgical masks	Inside smeared with vapor rub inhalers which when inhaled it provides an intense cooling rush throughout the body
Water bottles	Used to carry drugs like GHB, GBL or other liquefied “rape” drugs; also to hold plain water to cool down and remain hydrated
Glow sticks	Provides visual stimulation that is enhanced by hallucinogenic properties of ecstasy
Candy packages, cigarettes, inhalers or eye drop holders, packs of gum, lip balm, lip stick	All used to conceal drugs such as Ecstasy pills, GHB, GBL, liquid LSD and LSD tabs, and Nexus pills. Pills can be mixed in with small candies or hidden inside soft chewy candy (e.g. Tootsie rolls)
Vicks Inhaler	Placed Backwards in mouth so contents can be blown outward into someone else’s eyes- known as a “Vicks Hit.” Provides an intensified cooling sensation.

Types of Club Drugs/Party Drugs

Ecstasy/MDMA

Street Names:	E, Adam, XTC, X, M, Bean, Hug Drug, Disco Biscuit, GO, The Love Drug
Appearance:	A pressed pill (Ecstasy) or as a powder or capsule (Molly). Tablet form is often branded with a logo or symbol and can be many different colors or shapes (i.e.: Nike swoosh, clover shape).
How Used:	Usually taken orally; can also be snorted, smoked or injected. Users sometimes take ecstasy and mollies at “raves,” clubs and other parties to keep on dancing and for mood enhancement
Short Term Effects:	Increased heart rate and blood pressure; psychological paranoia. Physical symptoms include muscle tension, involuntary teeth clenching, blurred vision, sweating and nausea.
Long Term Effects:	MDMA causes long-term damage to parts of the brain critical to thought process and memory; it also results in rapid weight loss; it also results in clinical depression. Severe dehydration can lead to muscle breakdown and kidney, liver and cardiovascular failure.

Special Concerns: MDMA (3,4-methylenedioxymethamphetamine) is a man-made drug with effects resembling both stimulants and psychedelics. A typical dose of 100 to 125 mg lasts four to six hours. Its purity is always in question as other substances are often mixed to or substituted for MDMA such as caffeine, dextromethorphan, amphetamines, PCP, cocaine or heroin. It has also been laced with other synthetic drugs such as bath salts, making it more dangerous and potentially fatal.

Ecstasy/MDMA/Mollies

Street Names: E, Adam, XTC, X, M, Bean, Hug Drug, Disco Biscuit, GO, The Love Drug

Appearance: White powder similar to cocaine; also found in capsules and in a clear liquid form.

How Used: Generally snorted but is sometimes sprinkled on tobacco or marijuana and smoked. In liquid form it can be orally ingested or injected into the bloodstream, often used in conjunction with other drugs like ecstasy, heroin and cocaine.

Short Term Effects: Profound hallucinations that include visual distortion and a lost sense of time and identity. Duration usually lasts between 20 and 30 minutes but can last as long as 60 minutes. Other effects include delirium, impaired motor function, potentially fatal respiratory problems, convulsions and vomiting. Ketamine stops the user from feeling pain. Increases the heart rate.

Long Term Effects: Can lead to psychological or physical dependence.

Special Concerns: This drug is legally used as an animal tranquilizer.

Nexus/2C-B

Street Names: Venus, Bromo, Nexus, 2CB, Spectrum, BDMPEA, Toonies, MFT

Appearance: White powder usually found in pressed tablets or gel caps. (Is most commonly mistaken for Ecstasy.) This drug is known to be Ecstasy mixed with LSD.

How Used: Orally or snorted

Effects: Intense hallucinations, nausea and vomiting, diarrhea, gas, delirium, muscle tension and spasms, headaches, increased heartbeat, raised blood pressure, confusion or disorientation, and the inability to concentrate (A psychedelic drug).

Street Names: Special K, Vitamin K, Super K, Breakfast Cereal, K, Psychedelic

C. Marijuana

Street Names:	Weed, Pot, Reefer, Grass, Dope, Ganja, Mary Jane, Sinsemilla, Herb, Aunt Mary, Skunk, Boom, Kif, Gangster, Chronic, 420, Wet, Blunt, Dirt, Purple Haze, Trees, Buds.
Appearance:	Wet or dry green leaves, stems, green buds sometimes with red hairs, cigars, cigarettes, pungent odor
How Used:	Smoked or eaten
Short Term Effects:	Changes in sensory perception, restlessness and an increased sense of well-being, followed by a dreamy state of relaxation, increased pulse rate and blood pressure, distortion of time and images, intense anxiety or panic attacks, bloodshot eyes, dry mouth and throat, reduction of motor skill coordination, paranoia, munchies.
Long Term Effects:	Impairments in learning, memory, perception and judgment. Difficulty speaking, listening effectively, retaining knowledge, problem solving and forming concepts

Synthetic Cannabis

Street Names:	K2, K3, K4, Fake Weed, Spice, Genie, Bombay Blue, Mr. Nice Guy, Heaven Scent, Syn, Sence
Appearance:	Legal Herbal product marketed as incense. Looks and smokes like marijuana. "Smells like Pez dissolved in a mug of chamomile tea, and it looks like the stems and debris left over from a bag of real weed."
How Used:	Smoked
Short Term Effects:	Synthetic cannabinoids turn on the cannabinoid receptors (switches that trigger activity) found on many cells in the body. The brain is particularly rich in the CB1 cannabinoid receptor.
Special Concerns:	Have never been previously tested on humans.

Salvia

Street Names:	Diviner's sage, Ska María Pastora, Seer's Sage,
How Used:	Chewing the leaves, smoked, crushed for juice or chewed. Rolled into papers and smoked like a cigarette, chewed, or inhaled from a pipe or bong.
Effects:	Hallucinogenic, brief, intense high accompanied by vivid hallucinations, impairs coordination. Within five minutes it causes uncontrollable laughter or panic. The high is intense but the trip is substantially shorter than that of other hallucinogens. Often the effects are gone within 20 minutes.
Special Concerns:	Salvia can sometimes induce extreme visions, a loss of physical self, a feeling of being connected with the universe, and an inability to keep track of time. The experience can be very unpleasant.

D. Stimulants

Cocaine

Street Names:	Coke, Girl, Snow, Nose Candy, Flake, Blow, Big C Lady, White, Snowbirds, Chasing the Dragon, Freebase
Appearance:	A white crystallized powder
How Used:	Can be snorted, dissolved in water and injected, free based or smoked.
Effects:	Constricted peripheral blood vessels, dilated pupils, increased temperature, heart rate, blood pressure, insomnia, loss of appetite, feelings of irritability and anxiety. High doses of cocaine often produce paranoia; cocaine is addictive with depressive after effects.
Special Concerns:	Freebase is when the drug is cooked into a crystal form and smoked

Crack

Street Names:	Rock, Freebase, Chasing the Dragon
Appearance:	Chips, chunks or rocks
How Used:	Heated and smoked in a pipe
Effects:	Same as cocaine, more rapid onset of effects

Amphetamines

Street Names:	Speed, Uppers, Ups, Hearts, Black Beauties, Pep Pills, Coilots, Bumble Bees, Footballs
Appearance:	Pill/powder form
How Used:	Orally, injected, snorted or smoked
Effects:	Addiction, irritability, loss of appetite, distorted thinking, exaggerated reflexes, elevated blood pressure, perspiration, headaches, dizziness, dilated pupils, convulsions, anxiety

Methamphetamines

Appearance:	Powder/pieces varying in color from white to tan to pink
How Used:	Orally, injected, snorted or smoked
Effects:	Addiction, irritability, anxiety, increased blood pressure, paranoia, aggression, compulsive behavior, stroke, depression, insomnia, loss of appetite, hallucinations, formication (the sensation of insects creeping on or under the skin)

E. Heroin

Street Names:	Smack, Boy, Horse, Mud, Brown Sugar, Junk, Black Tar, Big H, Dope, Bomb, Skunk, Shag, Cheva, Diesel
Appearance:	Fine white or broken crystalline powder; also made in liquid form
How Used:	Injected, smoked or snorted
Short Term Effects:	Insomnia, cramps, diarrhea, decreased heart and respiration rates, body temperature and blood pressure
Long Term Effects:	Coma, muscle deterioration, brain damage, possible needle infection, physical and psychological addiction, respiratory and cardiac arrest, irregular breathing and heartbeat, disrupts menstrual cycle
Special Concerns:	The average purity of Heroin in NJ ranges from 60%-95%, the highest in the nation, which makes chances of accidental overdose increase. If the purity level is high, even a first-time user can overdose. It is common for young people to think if they snort heroin they won't get addicted, this fact is false you can get just as addicted to heroin any way that it is done. Users that begin by snorting often switch to injecting after developing a tolerance to the drug.

F. Date Rape Drugs

GHB

Street Names:	Grievous Bodily Harm, G, Liquid Ecstasy, Georgia Home Boy, Goop, EzLay, Soap, Max, Liquid X, Scoop, Somatomax
Appearance:	It can be produced as a clear liquid, white powder, tablet or capsule form; it is colorless, tasteless and odorless.
How Used:	Snorted, orally in liquid form, smoked or mixed into drinks
Short Term Effects:	Vomiting, tremors, reduction in social inhibitions, impairment in memory, passing out; at low doses, GHB relieves anxiety and produces relaxation
Long Term Effects:	An increase in dose may result in eventual coma or death; liver failure is another possible long-term effect; also loss of memory

Rohypnol

Street Names:	Roofies, Roaches, La Roche, Rope, Rib, Roach-2, Mexican Valium, "Forget (Me) Pill", Roffies, Roche, Circles, Roopies, Ropies, Ruffies
Appearance:	Comes in a powder or tablet form; it is colorless, tasteless and odorless
How Used:	Ingested orally through a tablet or mixed with a drink; often used in conjunction with heroin or cocaine
Short Term Effects:	Causes muscle relaxation, slows psychomotor responses and lowers inhibitions. When combined with alcohol, Rohypnol causes severe disorientation and "black outs" that typically last 8-12 hours; when users awaken they often suffer from amnesia. Rohypnol can cause nausea, dizziness and vomiting.
Long Term Effects:	Causes physical dependence and symptoms include anxiety, insomnia, intense dreaming and possible seizures.

Special Concerns for both GHB and Rohypnol:

Cases have been documented in which these drugs have been given to unknowing victims either by a stranger or known acquaintances in order to make them vulnerable to rape or sexual assault. The drugs cause the victim to be incapacitated and also interfere with the ability to remember what occurred while they were under the influence. There is also a disturbing trend among teens in which they are taking these substances recreationally with the belief that a low dose is safe and will mimic the effects of alcohol. This is an extremely dangerous practice as there is such a fine line between a safe dose and a life threatening dose, and it is unpredictable and risky to attempt to determine a safe level for oneself.

G. Inhalants

Street Names:	Whippits, Poppers, Huff, Snappers
Includes:	Aerosol sprays, solvents like markers, glue, household cleaning fluids and white-out, anesthetics including nitrous oxide and gases, whipped cream cans, cheese whiz, spray paint, paint, nail polish remover
How Used:	Vapors are inhaled, from balloon, paper bag, and jar or directly from substance
Short Term Effects:	Headache, severe mood swings and violent behavior, decrease or loss of sense of smell, nausea, loss of concentration, loss of appetite
Long Term Effects:	Damage to the brain, kidneys, blood, bone marrow and lungs, dangerous chemical imbalances, Hepatitis or peripheral neuropathy
Special Concerns:	Inhalants are generally everyday products found in the home. Be aware of products like this that are found in your child's room if they are not normally there.

H. Depressants

Barbiturates

Street Names:	Barbs, Red Devils, Goof Balls, Yellow jackets, Block Busters, Pinks, Reds and Blues, Christmas Trees, Amytal, Nembutal, Seconal, Phenobarvital, Downers
Appearance:	Multi-colored tablets and capsules or liquid
How Used:	Orally or injected, often used in combination with stimulants like cocaine and amphetamines
Short Term Effects:	Slurred speech, shallow breathing, fatigue, disorientation, alcohol-like inebriation
Long Term Effects:	Impairment of memory, judgment and coordination, paranoid and suicidal ideations

I. Hallucinogens

Salvia Divinorum and Salvinorum A

Street Names:	Maria Pastora, Sage of the Seers, Diviner's Sage, Salvia, Sally- D, Magic Mint
Appearance:	Resembles dried, crushed herbs
Short-Term Effects:	Dysphoria, uncontrolled laughter, a sense of loss of body, overlapping realities, hallucinations, lack of coordination, dizziness, and slurred speech.
Long Term Effects:	There is limited research available, but testimonial information suggests that long term effects include those similar to LSD, including schizophrenia and depression.
Special Concerns:	It is currently legal in the US and it can be purchased online or at local shops (head shops or tobacco shops)

LSD

Street Names:	Acid, Microdot, Tabs, Doses, Trips, Hits, Sugar Cubes, Boomers, Yellow Sunshines, Cid, Cube, Blotter
Appearance:	Odorless, colorless liquid; also made in pill form and paper tab, about *** of postage stamp size.
How Used:	Tabs taken orally, liquid put in eyes
Short Term Effects:	Severe mood swings, increased body temperature, heart rate and blood pressure, sweating, dry mouth and tremors, suppressed appetite and sleeplessness; possible hallucinations and panic
Long Term Effects:	Flashbacks/chronic recurring hallucinations

Mushrooms

Street Names:	Shrooms, Caps, Magic Mushrooms, Mushies, Mexican Magic Mushrooms
Appearance:	Mushroom pieces/parts
How Used:	Eaten or brewed in tea and drank
Effects:	Increased blood pressure, sweating, nausea, and hallucinations
Special Concerns:	The active ingredient is psilocybin. The high from psilocybin mushrooms tends to be long term. This drug may be consumed with other food to hide the unpleasant taste.

PCP

Street Names:	Angel Dust, Ozone, Rocket Fuel, Peace Pill, Elephant Tranquilizer, Dust, Crystal, Hog, Supergrass, Killer Joints, Wack, Wet, Embalming Fluid
Appearance:	Produced as a white crystalline powder that is soluble in water or alcohol. Also comes in a variety of tablets, capsules, and colored powders
How Used:	Snorted, injected, orally or smoked
Short Term Effects:	Hallucinations, “out of body” experiences, impaired motor coordination, inability to feel pain, respiratory attack, fear, paranoia, and anxiety
Long Term Effects:	Memory loss, speech difficulties, depression, weight loss, mood disorders
Special Concerns:	“Wet” refers to a tobacco or marijuana cigarette dipped in dissolved PCP, dried, and then smoked.

Bath Sals/Plant Feeder

Street Names:	Ivory Wave, Ivory Coast, Ivory Soft, Red Dove, White Dove, Vanilla Sky, Bliss, White Lightning, Hurricane Charlie, Cloud 9
Appearance:	White, fine powder, similar to cocaine.
How Used:	Snorting, injection, smoking powder, topically.
Short Term Effects:	Hallucinations, paranoia, rapid heart rates, suicidal thoughts, intermittent delirium, visions, chest pain, cardiovascular collapse.
Long Term Effects:	Physical handicap if self inflicted harm done while hallucinating.
Special Concerns:	Use has been associated with suicides, homicides and other violent crimes. This substance is not a common household bath product, but a synthetically manufactured substance containing mind altering chemicals Methymethcathinone (Mephedrone) and Methylenedioxypyrovalerone (MDPV). These chemicals are not ingredients found in real bath products.

J. Steroids

Street Names:	Rhoids, Juice
Appearance:	Pill or liquid form
How Used:	Orally, injected into the muscle or rubbed into the skin by ointment preparations
Effects:	Liver cancer, blood clotting, increased risk of heart attack and stroke, acne; also (in boys and men): reduced sperm production, shrinking of testicles, impotence, irreversible breast enlargement and (in girls and women): development of masculine characteristics.
Special Concerns:	While steroid use is most commonly associated with athletics, recent studies suggest that there is an alarming trend of young girls abusing steroids to achieve a thin, toned look emulating models and Hollywood actresses. Girls who have eating disorders are especially at risk for this type of steroid abuse, seeing the drug as a weight control method. The same dangerous side effects apply no matter what the reason for use. (<i>Courier News 4/27/05</i>)

K. Over the Counter

Street Names:	Dex, Robo, Skittles, Triple C, Tussin, Red Devils, Loser's Drug, Robotripping, Pharming
Appearance:	Liquid form, lozenges, tablets, capsules and gel caps, also in powder form.
How Used:	Orally (Excessive use of cough/cold medicines)
Effects:	Confusion, dizziness, numbness of fingers and toes, double or blurred vision, slurred speech, impaired physical coordination, abdominal pain, nausea and vomiting, rapid heartbeat, drowsiness, disorientation, loss of motor control, seizures, hallucinations, and even death. Consequences for misuse may also include respiratory distress, cardiac stress, seizures (all of which can lead to death), tolerance, dependence, and serious withdrawal symptoms (<i>antidrug.com</i>).
Special Concerns:	DXM is one of the most common ingredients found in cold, cough and congestion medicines. May also be purchased over the internet in a powder form. Dissolves in liquid (may be hidden in water unnoticed, when water evaporates, powder residue at bottom of glass may be scraped and taken). Consequences may be seen in all prescription drug misuse as well.