



What are synthetic drugs?

syn.thetic /sin'THetik/

1. Noting or pertaining to compounds formed through a chemical process by a human, as opposed to those of natural origin.

The federal Drug Enforcement Administration (DEA) has 5 distinct categories that substances are placed in, depending on the drugs acceptable medical use and the drug abuse/dependency potential. Substances that are classified as schedule 1 are the most dangerous with the highest potential for abuse and dependency. Substances on the DEA schedule are illegal to sell/dispense or possess with the exception of prescription medications, which require a valid prescription and pharmacy filling. Starting in 2011 the DEA began to add the chemical compounds used to make synthetic drugs to the scheduled substance lists. In March 2011 the DEA placed five synthetic cannabinoid chemicals onto the Schedule 1 classification list, later in October 2011 the DEA placed three synthetic stimulants used to make bath salts onto the list of Schedule 1 substances. And most recently in July 2012 the DEA classified 2CI as a Schedule 1 controlled substance. Despite state and federal governments efforts to make synthetic drugs illegal 'street chemists' are finding loop holes in the law and changing a single chemical compound in the makeup of these synthetic drugs to make them technically legal. If an individual is caught possessing or selling these substances the exact chemical makeup of the substance they possess has to be tested before he/she could be charged with possessing a controlled substance.

The use of synthetic drugs is growing in popularity among young people for many reasons: it is relatively inexpensive, it is easily accessible and it is most generally undetectable by standard drug tests. With all of these 'attractive' qualities, use is on the rise and being informed about these substances is important!

K2:

Spice, Bliss, Black Mamba, Bombay Blue, Fake Weed



Overview: K2 is the synthetic version of marijuana. It is a mixture of herbs and spices that is typically sprayed with the synthetic chemical compound that is similar to THC.

Looks like: K2 is dried leaves which resemble potpourri. It is typically sold in small, silvery plastic bags.

Methods of abuse: Usually smoked, but can also be made into tea and drank.

Effects: Psychological include paranoia, relaxation, altered perception, giddiness and panic attacks.

Physiologically K2 increases heart rate and raises blood pressure. Whites of eyes have absence of veins.

Cost & Availability: \$15 for 3 grams. Can be purchased online, at smoke/head shops. Sold as "aroma therapy not for human consumption."

Bath Salts:

Blue Silk, Cloud Nine, Drone, Pure Ivory, Vanilla Sky, White Dove, Plant Food



Overview: Bath salts are a synthetic version of methamphetamine. Bath salts are a mixture of chemicals to make a stimulant derivative of cathinone, a central nervous stimulant.

Looks like: Bath salts are sold in flakey powder form, generally white or yellow. Sold in small plastic or foil packets.

Methods of abuse: Usually sniffed or snorted. They may be taken orally, smoked or put into a solution and injected. The ER's have seen severe infection at injection sites — several incidences severe enough to warrant amputation.

Effects: Psychological include agitation, insomnia, irritability, dizziness, paranoia, suicidal thoughts, delusions, and seizures. Physiologically bath salts increase heart rate and body temperature, cause nose bleeds, profuse sweating and nausea. Whites of eyes have absence of veins.

Cost & Availability: \$25-50 for 1/2 gram. Can be purchased online, at smoke/head shops. Sold as "stimulating bath powders not advised for human consumption."

2C-I:

Smiles



Overview: 2C-I is a synthetic version of LSD. It is a mixture of chemicals to mimic a psychedelic, phenethylamine. 2C-I is a psychoactive, hallucinogenic chemical that alters the brains balance of dopamine and serotonin.

Looks like: 2C-I can either be a fluffy white sparkling powder or can be pressed into tablets. If pressed into tablets the edges are generally flakey.

Methods of abuse: Generally taken as a small tablet. In powder form it is often mixed with something like chocolate.

Effects: Psychological include extreme erratic behavior, intense visual acuties, suicidal thoughts, hallucinations.

Physiologically 2C-I causes pupils to dilate, speech becomes difficult to formulate and the longer the high the speech becomes impossible to comprehend, fatally high blood pressure, seizures and kidney failure.

Cost & Availability: \$50 for 1 gram (20-30mg is usual 'dosage'). Can be purchased online, generally manufactured and shipped from outside of the USA.



Teen Suicide Prevention

Teen suicide is a very real problem in the United States. There are so many pressures and a variety of emotional, social and family issues teens face that they may find themselves having suicidal thoughts. Part of preventing a teen suicide is being involved and watching for teen suicide warnings signs. It is also important to note that many of the teen suicide warning signs are also indications of depression.

Suicidal thoughts and behaviors in teens can lead to tragic consequences. Though suicide is the third leading cause of adolescent death, it is preventable.

Many people at some time in their lives think about suicide. Most decide to live because they eventually come to realize that the crisis is temporary and death is permanent. On the other hand, people having a crisis sometimes perceive their dilemma as inescapable and feel an utter loss of control. These are some of the feelings and thoughts they experience:

- Can't stop the pain
- Can't think clearly or make decisions
- Can't see any way out or see a future without pain
- Can't sleep, eat or work
- Can't get out of depression or make the sadness go away
- Can't see themselves as worthwhile
- Can't get someone's attention
- Can't seem to get control

How to be helpful to someone who is threatening suicide:

- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture on the value of life.
- Get involved. Become available. Show interest and support.
- Don't dare him or her to do it.
- Don't act shocked. This will put distance between you.
- Don't be sworn to secrecy. Seek support.
- Offer hope that alternatives are available but do not offer glib reassurance.
- Take action. Remove means, such as guns or stockpiled pills.
- Get help from persons or agencies specializing in crisis intervention and suicide prevention.

When you should seek out help

Studies show that 4 out of 5 teen suicide attempts have been preceded by clear warning signs, make sure you know them:

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

If you experience these feelings, *get help!* If someone you know exhibits these symptoms, *offer help!* Seek out professionals who can help or call The National Suicide Prevention Life-Line: 1-800-273-TALK (8255).

(Sources: www.suicidepreventionlifeline.org; www.teensuicide.us/articles2.html;
www.glendon.org/suicide)

Prescription Drug Take Back

SCIP staff partnered once again with the Lincoln Police Department for the fifth DEA National Prescription Drug Take Back on September 29, 2012.



The Take Back was another success, with 6,203 lbs of unused or expired prescription medications collected throughout the state.

Additionally, in response to ongoing concerns about pharmaceutical waste, a new Nebraska MEDS Disposal Program will be piloted in Lincoln and Lancaster County. The program will provide residents with the option to dispose of unwanted and unused **non-controlled** medications via participating pharmacies.

Pharmacies **cannot** accept:

- Controlled substances
- Syringes and needles
- Liquid medications of more than 4 ounces per container
- Mercury-filled thermometers
- Rubbing alcohol
- Hydrogen peroxide

Medications must be left in their original container; bottles and tubes need to be wrapped in paper towels and placed in a zip lock bag. Take the medication to a participating pharmacy and inform the pharmacist that you want to dispose of the medication.

For a list of participating pharmacies or more information go to:

www.nebraskameds.org

The DEA plans to continue the bi-annual Take Back where you will be able to dispose of the controlled substances along with other medications. The next Take Back is planned for Spring, 2013. For more information, or to inquire about hosting a collection site in your area, contact your local law enforcement agency or go to the DEA's website:

www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html

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