Different drugs such as Club Drugs and Methamphetamine are becoming popular among today's youth. The rules of the past have changed. Parents need to be educated on these drugs and their effects.

Club Drugs originally emerged in urban nightclubs. They became extremely popular at "Raves" (all night parties with high-speed music and dancing). They have spread to the suburban community and are available in our communities and schools.

There is a strong misconception that these drugs are safe. This is bad information. There are severe health risks associated with use.

The nonmedical use or abuse of prescription drugs remains a serious public health concern. Most people who take prescription medications take them responsibly. Certain prescription drugs - opioids, central nervous system (CNS) depressants, and stimulants - when abused, can alter the brain's activity and lead to dependence and possibly addiction.

An estimated 9 million people aged 12 and older used prescription drugs for nonmedical reasons in 1999; more than a quarter of that number reported using prescription drugs nonmedically for the first time in the previous year. By increasing awareness on this topic, this trend can be reversed.

Methamphetamine or "meth", once popular mainly among outlaw biker gangs and long-haul truck drivers, has also found its way into our smaller communities. It takes the form of an off-white or yellowish, bitter-tasting crystalline powder that dissolves in water or alcohol. People smoke it, snort it, inject, or even swallow it. Dealers and users will tell you how fun it is, that it'll help them lose weight and that they'll be able to stay up for hours to work or study. What they won't tell them is that it will literally cook their body's organs, and cause paranoia and hallucinations. After turning their teeth yellow, gray or black, it will cause them to fall out. Meth will make the user smell bad - like glue or mayonnaise, and will cause them to pick at imaginary bugs crawling under their skin resulting in open sores.

Parents are the first line of defense. Talking to your children may save lives.

**MDMA** (Methylenedioxyamphetamine)

Ecstasy, XTC, E, X, Beans, Hug or Love Drug

All things to All People

MDMA is the most popular club drug being consumed today. It comes in many shapes, colors, and sizes. The drug possesses both stimulant and mild hallucinogenic properties.

Tablets are generally sold for between $15 and $25, but are less expensive in bulk. It is also sold in powder and capsule form.

The tablets generally are stamped with a popular logo. This is done to make the product more enticing and to attract a following. Dealers are well aware of brand loyalty and market their product accordingly.

MDMA is toxic to the brain. A common side effect of MDMA use is involuntary clenching of the neck and jaw muscles. This results in the grinding of the teeth. Often times, pacifiers and lollipops are used to combat or minimize grinding. These are good indicators of possible use.

Long-term damage to the brain can result from chronic use. There is no legal use for MDMA in the United States.

**PSYLOCIBIN**

Shrooms, Magic Mushrooms

These are natural mushrooms that cause changes in sensory perceptions when consumed (i.e. hearing a color). Use can cause nausea, vomiting, weakness, dilated pupils, sweating, and a lack of coordination. Dangers include hallucinations and the inability to tell fantasy from reality. There is no legal use for Psilocybin.
ROHYPNOL (Flunitrazepam)
Roofies, Roche, Forget-Me Pill, Mexican Valium • This is a Date Rape Drug

Rohypnol acts as a depressant on the body. It is seven to ten times more potent than valium. This drug causes intoxication and sedation at lower levels. Overdose can lower the respiration, cause confusion, coma and even death. These effects are more pronounced when it is combined with alcohol.

Rohypnol is a "date rape" drug and can cause amnesia. There is no legal use for Rohypnol in the United States.

KETAMINE
K, Special K, Vitamin K, Cat, Cat Valium

Ketamine is an anesthetic that is used on animals and less frequently on humans. It is chemically similar to Phencyclidine (PCP).

Ketamine comes in a clear liquid form that can be injected. It is most often dried into a white powder that is snorted or sprinkled onto marijuana or tobacco and smoked.

Effects can include dreamlike states and hallucinations. This is sometimes described as the "K-hole".

Use can cause impaired motor functions, blood pressure and fatal respiratory problems.

LSD (Lysergic Acid Diethylamide)
Acid, Liquid, L, Boomers, Trips

LSD was discovered in 1938. It is the strongest hallucinogen known to man. LSD can be ingested in several ways. Liquid LSD can be placed on the tongue, in the eye or dropped onto virtually any object to dry and later be absorbed by the body. Blotter paper (perforated squares) is often used to distribute LSD.

Extreme hallucinations and sensory distortions can occur with LSD usage. Dangers include hallucinations up to twelve hours, bad trips, persistent psychosis, flashbacks, and the inability to tell fantasy from reality.

There is no legal use for LSD in the United States.

MARIJUANA
Weed, Ghanja, Bud, Kind-Bud, Hydro

Marijuana is still very popular among our youth. Today's marijuana varies in quality and potency. More expensive, higher-quality marijuana is generally the popular choice with club drug users.

Often times, marijuana is used in conjunction with other club drugs. Also, marijuana is sometimes laced with other dangerous drugs. This is not always known to the user.

Short-term effects of marijuana use include problems with memory and learning, distorted perception, loss of coordination, increased heart rate, and anxiety. Long-term studies show that marijuana use may be linked to cancer and respiratory/immune system difficulties.

COCAINE
Coke, C, White, Powder, Snow, Blow, Rock

Cocaine is a powerfully addictive stimulant that directly affects the brain. Powdered cocaine is generally snorted or dissolved in water and injected. Crack cocaine is usually smoked in glass or steel pipes. About 10% of Americans over the age of 12 have tried cocaine at least once in their lifetime. The consequences of it's use include causing a dependence that has a tendency to overpower all aspects of the user's life. Smoking crack cocaine can cause severe chest pains, lung trauma and bleeding. The mixing of cocaine and alcohol can create cocaephylene while increasing the risk of sudden death. Cocaine related deaths are often the result of cardiac arrest or seizures followed by respiratory arrests.
STIMULANTS
Adderall, Ritalin, Dexedrine
(Methylphenidate and Amphetamine)
Stimulants are the most widely abused prescribed drugs by school age youth. These drugs are used in the treatment of Attention Deficit (Hyperactivity) Disorder. While these medications benefit many children, they have a great potential for abuse. When being abused they are generally crushed and snorted. High abuse doses often produce paranoid delusions, and bizarre behavior characteristic similar to amphetamine-like stimulate toxicity that have been associated with Methylphenidate abuse.

Students who give or sell their medication to friends or classmates are not only participating in conduct which could cause serious harm to other individuals, but they are also engaged in illegal activity.

OPIOIDS/ PAIN RELIEVERS
Dilaudid, Lorcet, Lortab, OxyContin, Percocet, Percodan, Vicodin
The abuse of Opioids/Pain Relievers by young people is of particular concern. The National Institute on Drug Abuse recently reported data that indicated that 12 to 17 year olds represent approximately one half of the 1.4 million individuals who abuse Opioids/Pain Relievers for the first time in a recent calendar year. These particular prescription drugs can be extremely dangerous when mixed with other drugs and alcohol and have been attributed to approximately a half-dozen reported overdose deaths in the Central Wisconsin area in the preceding 18 months (2002 - 2003).

DEPRESSANTS
Valium, Xanax
A recent study reported that 9.3% of 12th graders reported having abused tranquilizers at least once in their lifetime. Substance abuse treatment data indicates that abuse of tranquilizers by adolescents is of increasing concern. Adverse affects resulting from overdose amounts could result in seizures, respiratory depression, and increased heart rate.
The violent and erratic behavior among chronic abusers of meth led medical authorities to discontinue its use. Parents should be aware that the recipe for home-made meth is still in circulation and available on the Internet. Because it is cheap, easy to make, and produces a long-lasting high, meth has become a popular substitute for cocaine. A new generation of users have made meth their drug of choice. The result is a blizzard of meth that’s sweeping across many small towns and cities including Central Wisconsin where a meth lab was recently discovered. It’s a trend with eerie parallels to the crack cocaine epidemic in the 1980s.

When you first take meth, you might feel alert, full of energy and self-confident. Your brain is releasing dopamine, a natural and feel-good chemical. Dopamine is a reward for repeating pleasurable activities that you need to stay alive, like eating. If you keep taking meth, however, you’ll short-circuit this reward system and possibly lose your ability to experience pleasure.

Under the influence of meth, you’ll become agitated and feel “wired.” Your behavior becomes unpredictable. You may be friendly and calm one moment, angry and terrified the next. You might start doing the same thing over and over, like taking apart and reassembling bits of machinery, or picking at imaginary bugs beneath your skin.

Methamphetamine is produced in clandestine or hidden laboratories, and distributed illegally. Meth can be easily produced using ordinary - though toxic - household chemicals in combination with ephedrine base asthma or cold remedies sold over the counter. These ingredients and the needed equipment can be easily purchased from drug stores, supermarkets, hardware stores, feed stores and farm supply outlets.

Methamphetamine is a strong stimulant, the most intense of the amphetamine group. It can be smoked, snorted, injected, or taken orally. It is addictive and causes numerous physical, psychological, relationship and criminal consequences. Methamphetamine takes the form of an off-white or yellowish, bitter-tasting crystalline powder that dissolves in water or alcohol. Amphetamines were once given to soldiers and factory workers in World War II to help them stay alert. In the 1950s and 60s, methamphetamine was prescribed to help people lose weight.

First meth lab found

Four charged; Social Services to place children

By KAREN MADDEN
Tribune Staff Writer
GRAND RAPIDS — Four people were charged Wednesday following the discovery of the first known meth lab in southern Wood County. Craig, 30, and

Meth, Crank, Speed, Crystal, Ice, Zip, Glass, Lith, Fluff, Chalk
SIGNS OF A M ETH LAB

Any single activity may or may not be sole proof that drug dealing or methamphetamine manufacturing is occurring. However, a combination of the following may be reason for concern.

• Frequent visitors at all times of the day or night.
• Activity at the house is usually at odd hours.
• Occupants appear unemployed, yet seem to have plenty of money and pay bills with cash.
• Occupants are unfriendly or appear secretive.
• Occupants watch cars suspiciously when they pass by.
• Occupants display a paranoid or odd behavior.
• Extensive security at the home or signs that indicate "Private Property" or "Beware of Dog", fences, large shrubs, bushes and trees.
• Windows blackened or curtains always drawn.
• Occupants go outside the house to smoke cigarettes.
• Chemical odors coming from the house, garbage or detached buildings.
• Coffee filters, bed sheets or other material stained from filtering red phosphorus or other chemicals.
• Occupant sets his garbage for pick-up in another neighbor’s collection area.
• Evidence of chemical or waste dumping (i.e. burn pits, or "dead spots" in the yard.

If you’re interested in...

• Learning how to talk to your kids about drugs, visit: www.thantedrug.com
• Encouraging empowered decision making among young people, visit: www.freevibe.com
• Helping working parents keep kids drug free, visit: www.thantedrug.com/atwork
• Helping your faith community integrate drug prevention messages and programs into their daily activities, visit: www.thantedrug.com/faith
• Researching drug-related issues and contacting drug experts, visit: www.drugstory.org
• Finding drug prevention resources and ideas for classroom activities, visit: www.teachersguide.org
• Learning how an individual, faith community, business, or organization can get involved in community drug prevention, visit: www.helpyourcommunity.org
• Obtaining resources and links for Media Campaign partners, community groups, and the media, visit: www.mediacampaign.org
• Policies and research information of the Office of National Drug Control Policy, visit: www.whitehousedrugpolicy.gov
• Finding a treatment facility near you, visit: www.findtreatment.samhsa.gov
• Locating information on prevention, treatment, and substance abuse, visit: http://ncadi.samhsa.gov
• Locating drug information, news, and parenting resources, visit: www.drugfreeamerica.org

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Central Wisconsin Drug Task Force
Adams County Sheriff’s Department
608-339-3304

Grand Rapids Police Department
715-424-1821

Juneau County Sheriff’s Department
608-847-5649

Marshfield Police Department
715-384-3113

Marquette County Sheriff’s Department
1-800-297-TIPS

Portage County Sheriff’s Department
715-346-1400

Stevens Point Police Department
715-346-1500

Waupaca Police Department
715-258-4400

Waupaca County Sheriff’s Department
715-258-4466

Waushara County Sheriff’s Department
920-787-3321

Wisconsin Rapids Police Department
715-423-4444

Wood County Sheriff’s Department
715-421-8700

To Learn More About Club Drugs . . .
http://www.DanceSafe.org
http://www.ClubDrugs.org

For additional information on Marijuana, cocaine, crack cocaine and prescription drug abuse, visit:
“The National Institute on Drug Abuse” on the web at: www.drugabuse.gov