An informative guide to the most commonly used drugs in youth culture today.
Clear Recovery Center is an outpatient recovery facility located in Redondo Beach, CA. Through our staff’s extensive experience, we have accumulated a lot of useful information about what drugs are, what they look like and what they do. We decided to create a “Drugs & Youth” informational booklet as a tool to share what we have learned with those of you who are already dedicated to the battle against addiction and those of you who may not know what you are up against.

We can’t fight what we don’t understand.

The purpose of our booklet is to continue to use our experience to raise awareness and further educate families, professionals and others in the community who are concerned about the effects of drug and alcohol abuse. We have included the most commonly used drugs and addictions we are seeing in the youth culture today. We have provided visuals so you can see exactly what particular drugs look like, statistics so you understand the toll they take, and other significant facts about each drug/addiction in particular. We feel it’s important to understand these details first - when something becomes tangible it places us in a better position to take action to change it.

We’re excited to share this gift with you. Our hope is that our informational Drugs & Youth booklet will prove useful and that you will use it to help educate your students, your patients, your spiritual community, your clients, friends and families….anyone you know who is touched by the problem of addiction and would benefit from this support.

Mike Joly
Executive Director
Clear Recovery Center
MARIJUANA is classified as a Schedule I drug, meaning it has a high potential for abuse. Marijuana is one of the most insidious drugs in the U.S., with some states legalizing full recreational use and others for medical use.

Some signs of MARIJUANA abuse include...
- Pipes  •  Glassware  •  Lighters
- Rolling Papers  •  Pill Bottles
- Baggies  •  “Skunk” Odor

PATH TO ADDICTION
- Kids using Marijuana are 4X more likely to act VIOLENTLY.
- They are over 5X more likely to STEAL than those who do not use the drug.

DANGERS
- Loss of coordination
- Psychological dependence
- Altered sense of time
- Problems with learning
- Reduced short-term memory
- Altered cognition

FROM EXPERIENCE
Initially, I never believed smoking pot was a problem. Ultimately what I found was that it was ‘the great time waster,’ I spent years never accomplishing anything. The bottom line is marijuana can be craved and abused the same way as any other drug, for that reason any user should be cautious. - Dane F.

PUNISHMENT
Punishment in schools varies by state and institution.
- May face suspension or expulsion
- May have to pay a legal fine
- Some may face criminal consequences

RESOURCES
Find more information about Marijuana and other drugs as well as resources about recovery, visit us on our website at www.clearrecoverycenter.com.

POT BY THE NUMBERS
- 29 MIL
  - Americans age 12 and over said they had used marijuana at least once in the previous year.
- 2.5 MIL
  - Americans are registered medical marijuana users.

- 50%
  - More than half of all people who smoke marijuana are more likely to develop problems with alcohol than those who do not.
- 41%
  - Reflexes can be impaired up to 41% after smoking just one joint.
HEROIN is an opiate very similar to prescription painkillers such as OxyContin and Vicodin. Many people move to heroin after abusing painkillers simply because of the ease of attaining it and the cheaper price. Even so, a heroin addict can spend up to $200 per day.

Some signs of HEROIN abuse include...
- Spoons
- Lighters
- Syringes
- Balloons
- Tourniquets
- Burned Foil

HEROIN CAN BE...
- Injected using syringes
- Smoked off of foil
- Snorted

PATH TO ADDICTION
Withdrawal symptoms begin within 6 to 24 hours after last use. Though 80% of all users get high with someone else, 80% of those found overdosing are found alone.

DANGERS
- Fever
- Vomiting
- Yawning or Sneezing
- Cold sweats
- Cramp-like pains
- Diarrhea

HEROIN CAN BE...

FROM EXPERIENCE
From the day I started using, I never stopped. Within one week I had gone from snorting heroin to shooting it. Within one month I was addicted and going through all my money. I sold everything of value that I owned and eventually everything that my mother owned. Within one year, I had lost everything. - Jacob K.

RESOURCES
Find more information about Heroin and other drugs as well as resources about recovery, visit us on our website at www.clearrecoverycenter.com.

30 DAYS OF DOPE

What Heroin can do to the body in just one month:

HEART
Bacteria from dirty syringes attaches to the heart valves and cannot be removed by the body, resulting in fever/fatigue.

VEINS
Veins at the site of repeat injections can swell and cut circulation. Poor techniques greatly increase the chance of vein collapse.

LIVER
Hepatitis C, an infectious disease transmitted through blood-to-blood contact, can lead to cirrhosis and liver failure if left untreated.

BRAIN
After binding to opiate receptors, dopamine is released into the brain, creating an especially strong addiction.

LUNGS
The lungs swell, leaving breathing difficult and restricted. Cough, fever and even the contraction of pneumonia can result.

SKIN
Abscesses can form, with puss collecting inside a cavity of dead skin.
Many young adults think that prescription drugs are safe. They are, but only if they are taken the right way. The danger becomes real when these drugs are abused. Many of these drugs are not only easy to abuse, but even easier to obtain.

Young people start taking prescription medication for a variety of reasons...
- Improve concentration
- Reduce stress
- Diet
- Be a better athlete
- Ignore problems
- Get high

Once addicted, many prescription medication users will switch to harder drugs for cheaper highs. Stimulants use can lead to meth, while painkillers can lead to heroin.

FROM EXPERIENCE
I originally started taking prescription painkillers for pain after a surgery. I knew immediately I liked the feeling for more than just the pain relief. Once my prescriptions ran out, I asked other friends with a prescription. Before I knew it, I was using heroin simply because it was easier to obtain and cheaper.
- Kyle P.

PATH TO ADDICTION

DANGERS
- High blood pressure
- Slowed breathing
- Organ damage
- Seizure
- Heart attack
- Stroke
- Overdose
- Death

TYPES
- Stimulants
  - Concerta
  - Ritalin
  - Adderall
  - Benzedrine
  - Xanax
  - Ambien
  - Valium
- Painkillers
  - Hydrocodone
  - Vicodin
  - Oxycontin
- Benzodiazepines

1/2 of college students who abuse prescription drugs are also binge drinkers.

1 in 3 College students use stimulants that are not prescribed to them so that they can stay up and study.

54% of undergrads who have prescriptions have been asked by their peers to sell, trade, or give away their medication.

1/2 of all college students have been offered a prescription drug by the end of their sophomore year.

1 in 4 college students have abused prescription drugs illegally during their time in school.

RESOURCES
Find more information about prescription drugs as well as resources about recovery, visit us on our website at www.clearrecoverycenter.com.
**ECSTASY or MOLLY**

*Ecstasy* or *Molly* is the party drug, used at concerts or raves with its most prolific use at young people's events. It contains the psychoactive drug MDMA. While the term *ecstasy* typically refers to the pill form of the drug, *Molly* often refers to the powder.

**DANGERS**

A normal dose (100-125 mg) of MDMA raises body temperature about one degree and inhibits the body's natural thermoregulation. The most common cause of MDMA-related medical emergencies and death is HEATSTROKE.

**SIGNS**

- Unusual levels of energy
- Long hours awake
- Abnormally friendly
- Long periods spent dancing
- Sensitive to music or lights
- Exaggerated pleasure from touch
- Heightened feelings of empathy
- Emotional warmth and self acceptance

**PATH TO ADDICTION**

**FROM EXPERIENCE**

As soon as you start taking ecstasy, you think people who advise you to stop are idiots. You start to believe you have found something great and others must not try to tell you the contrary. When you start liking Ecstasy, it's too late, you're sunk. - Lauren I.

**NICKNAMES**

- Adam
- Bean
- E
- Roll
- XTC
- X
- Clarity
- Essentials
- Eve
- Elephant
- Love Pill
- Molly
- Cadillac

**DEATH**

MDMA-related deaths are rarely—if ever—the result of an overdose and calling them overdoses is dangerous and negligent. It sends the message that "you will be safe as long as you don’t take too much," which is absolutely not true. The majority of MDMA-related deaths, where no other drugs were found in the person's bloodstream, show the deceased had taken a dose within the normal range for appropriate therapeutic or recreational use.

**RESOURCES**

Find more information about Ecstasy and other drugs as well as resources about recovery, visit us on our website at [www.clearrecoverycenter.com](http://www.clearrecoverycenter.com).

**THE ADVERSE EFFECTS OF ECSTASY**

- Anxiety
- Permanent changes in brain chemistry
- Disorientation to time and place
- Agitation
- Flashbacks
- Drug cravings
- Poor memory recall
- Illusions
- Depression
- Mood swings
- Catatonic stupor
- Amnesia
- Panic attacks
- Confusion
- Addiction
- Insomnia
- Sleep issues
- Restlessness
- Aggression
- Memory impairment
- Disorientation
- Can damage serotonin producing neurons
- Sensitivity to pain
- Hallucinations
- Impulsiveness
- Depersonalization
- Impaired thinking
**METH**

*Methamphetamine* is a stimulant that affects the nervous system, increasing the release of dopamine and blocking its reuptake. It is a drug that does not allow room for casual use, those who use it quickly become addicts, their health deteriorating just as quickly.

**Some signs of METH abuse include...**
- Spoons
- Lighters
- Syringes
- Glass Pipes
- Tourniquets
- Burned Foil

**PATH TO ADDICTION**
- Over 12 MILLION adolescents have tried meth before finishing high school.
- Teen abuse is frequent in GIRLS whom are anorexic and attempt to lose weight with the drug.

**DANGERS**
- Grinding of teeth
- Slow healing sores
- Weight loss
- Dilated pupils
- Tooth decay
- Loss of coordination
- Excessive scratching

**FROM EXPERIENCE**
Methamphetamine destroyed my life within a matter of days. In my addiction I lost my teeth, I was malnourished, I became paranoid and delusional. Meth is not recreational, it’s a lifestyle that is uglier than anyone can imagine. - Susan P

**METH CAN BE...**
- Injected using syringes
- Smoked off of foil
- Snorted

**NICKNAMES**
- Crank
- Crystal
- Tina
- Glass
- Speed
- Batu
- Quartz
- Cookies
- Candy
- Gak
- Ice
- Junk
- No Doze
- Pookie
- Rocket Fuel

**METHAMPHETAMINE BY THE NUMBERS**
- **500 TONS**
  - tons of meth are made each year worldwide, the equivalent of 66 full-grown elephants.
- **2.5 MIL**
  - total number of meth abusers in the world.
- **$1000**
  - of meth ingredients yields $20,000 of meth.
- **1 LB**
  - of meth being manufactured can create up to 5-6 pounds of toxic waste.
- **1 GRAM**
  - of meth can cost from $100 to $250 based on purity.
- **5-7**
  - years, the average lifespan of someone addicted to meth.
- **40%**
  - increase in out of home child placements last year due to meth.

**RESOURCES**
Find more information about Meth and other drugs as well as resources about recovery, visit us on our on our website at [www.clearrecoverycenter.com](http://www.clearrecoverycenter.com).
COCaine is the second most popular drug in the United States, particularly with young people ages 18–25. Once having tried cocaine, users cannot predict or control the extent to which they will continue to use the drug. CRACK is a potent rock form of cocaine for smoking.

37MIL people use cocaine every week.

1.5MIL cocaine users currently worldwide, in 2/3 of all countries.

20MIL cocaine users currently worldwide, in 2/3 of all countries.

1000 TONS of cocaine are produced each year worldwide.

50% of all cocaine users smoked cigarettes, drank alcohol, or smoked marijuana before trying cocaine.

90% of college students used cocaine in the last month.

3.3% of college students used cocaine in the last month.

20MIL of college students used cocaine in the last month.

Americans have tried cocaine at least once in their lifetime.

PATH TO ADDICTION

DANGERS

Young adults 18–25 have the highest rate of cocaine use in the US. 5% of these users admit to currently using the drug.

SYMPTOMS

- Aggressive paranoia
- Restlessness and erratic or violent behavior
- Lack of appetite
- Longer periods of time without sleeping
- Excessive talking

HEALTH

- Constricted blood vessels
- Increased temperature
- Increased blood pressure
- Tremors
- Mild convolutions
- Compulsive scratching

FROM EXPERIENCE

When you first get addicted, it cures boredom it makes you feel incredibly cool and powerful. You continue to use it because you never want to come down. It is an insidious drug, consuming your time, your money, and your thinking to the point where you will do anything to get it. - Lauren I.

Signs to look for involving cocaine use:

- Razor blades
- Mirrors with white powder residue
- Small plastic, glass, or metal straws
- Small containers with white powder residue

How to recognize someone on cocaine:

- Dry or chapped nose
- Dry or chapped lips
- Bloodshot eyes
- Dilated pupils
- Bad breath

RESOURCES

Find more information about Heroin and other drugs as well as resources about recovery, visit us on our website at www.clearrecoverycenter.com.
The behaviors related to alcohol as well as drug abuse are so closely related that for a real alcoholic or addict there is no true difference. Behaviors such as cravings, withdrawal, psychological dependence and physical addiction to alcohol resemble that of other addictive substances.

Alcohol dependence is a chronic disease that includes symptoms such as:

- Craving
- Loss of Control
- Tolerance
- Reducing
- Dependence
- Neglecting
- Appearance

A strong need or urge to drink.
Inability to regulate amount, blacking out.
Needing more alcohol for the same effect.
Social activities as a result of alcohol.
Withdrawal symptoms when not drinking.
Responsibilities at school or work.
Deterioration in self-care.

Path to Addiction

Alcohol is often coupled with other drugs to intensify their effects. Over 5000 people under the age of 21 from alcohol-related accidents each year.

Danger

- Cancer
- Cirrhosis
- Anemia
- Pancreatitis
- High Blood Pressure
- Cardiovascular Disease
- Alcohol Poisoning

From Experience

Alcohol ruined me financially and morally, broke my heart and the hearts of too many others. Even though it did this to me and it almost killed me and I haven’t touched a drop of it in seventeen years, sometimes I wonder if I could get away with drinking some now. I totally subscribe to the notion that alcoholism is a mental illness because thinking like that is clearly insane. - Craig F.

Statistics

- 17 mil. Americans have alcoholism
- Only 3 mil. seek help for it
- 1 in 6 adults binge drink
- 8k domestic deaths each year
- 3.36 mil students drink & drive
- 1 in 3 car crashes are alcohol related
- 100k college students report having been too intoxicated to know if they had consented to having sex.
- 97k are victims of alcohol related sexual assault or date-rape.
- 1/4 of all college students report academic consequences due to their drinking.

Resources

Find more information about Alcohol and other drugs as well as resources about recovery, visit us on our website at www.clearrecoverycenter.com.
Becoming a danger to yourself or others. Staring at the sun or playing with fire are common. Realistic trips relating to a particular phobia can trigger bad trips. Utilizing other harmful drugs to calm down such as Xanax. Speeding up the process of serious mental illnesses.

**Hallucinogens**, including LSD, mushrooms, peyote and PCP are drugs created from plants or synthetically that distort the way you perceive reality. They effect the way you think and feel, seeing or hearing things that are not there. Even just one ‘trip’ can be dangerous.

**Mushrooms**
Certain mushrooms known as “magic mushrooms” can be eaten or brewed into tea. The psilocybin in these mushrooms inhibits brain function inducing hallucinations and synesthesia. It is very common for those under the influence of mushrooms to act erratically and irrationally. Behavior may include odd reactions to normal events, distinct outbursts and panic attacks.

**Peyote**
The spineless cactus plant’s main ingredient is mescaline. Dried parts of the cactus plant can be chewed or soaked in water to produce its trip, which can last up to 12 hours. Chronic mescaline use can result in symptoms such as lack of motivation, mood disturbances, and flashback hallucinations.

**LSD**
LSD, or lysergic acid diethylamide was first synthesized from a fungus on rye bread. LSD comes in tablets, liquid or blotter paper and can last 12 hours. Accidents as a result can include hurting oneself or others while on a trip (such as by trying to fly), driving under the influence, or not recognizing other dangers while tripping.

**PCP**
Phencyclidine was originally developed as an anesthetic, but was discontinued due to bizarre and seriously negative side effects that included agitation, delusions and irrational thinking. PCP can be a tablet, capsule or powder that is smoked, snorted or eaten. Effects can last 4-6 hours.

**Dangers**

- Intense mood swings
- Hallucinations
- Delusions
- Distorted perceptions
- Increased heart rate, blood pressure, body temperature
- Sleeplessness
- Loss of appetite
- Tremors
- Anxiety
- Intense fear
- Paranoia
- Synesthesia

**Path to Addiction**
As many as 2.2% of all adults around the world use hallucinogens regularly.

**Resources**
Find more information about Hallucinogens and other drugs as well as resources about recovery, visit us on our website at www.clearrecoverycenter.com.

**The Bad Trip**
More often than not, ‘bad trips’ happen eventually. Some of the dangers involved in these trips include:

- Becoming a danger to yourself or others.
- Staring at the sun or playing with fire are common.
- Realistic trips relating to a particular phobia can trigger bad trips.
- Utilizing other harmful drugs to calm down such as Xanax.
- Speeding up the process of serious mental illnesses.
SOCIAL MEDIA has become so heavily integrated in our lives that it is hard to imagine it as an addiction. But the average user spends 23 hours per week with email, text social media and other forms of online communication, adding up to almost 15% of a total week.

WHY IS IT SO ADDICTIVE?

Everytime you get a notification, it activates the NUCLEUS ACCUMBENS portion of the brain, important in the development of ADDICTIONS. When you hear that ‘DING!’ your brain affiliates it with a possible SEXUAL, MONETARY or SOCIAL interaction, associated with a sense of PLEASURE.

PATH TO ADDICTION

72% of adults use social networking sites. And their SELFESTEEM suffers when comparing their own accomplishments to those of their online friends.

DANGERS

72% are afraid they will “miss something”... ...IF THEY DO NOT CHECK THEIR NETWORKS.

50% of users say Facebook and Twitter... ...MAKE THEIR LIVES WORSE.

66% of users say it's difficult to relax or sleep... ...AFTER VIEWING SOCIAL NETWORKS.

25% cite work or relationship difficulties... ...DUE TO ONLINE CONFRONTATIONS.

WHEN IT BECOMES AN ADDICTION...

...IT CONSUMES YOUR LIFE.

Boost Mobile conducted a survey of 500 MALES AND FEMALES between the ages of 16-25:

- 68% confessed to checking their feeds a staggering 10 TIMES a day.
- 67% admitted to being addicted to social media, 67% of which were female.
- 37% admitted that social media updates MORE IMPORTANT than listening in class.
- 31% admitted to reading, writing and feeding their accounts ON THE TOILET.
- 45% said EATING was the MOST POPULAR TIME to look at their timelines.
VIDEO GAME ADDICTION is a very real and genuine concern among professionals. Recent studies show that nationally, 8.5% of youth gamers ages 8 to 18 can be classified as pathologically or clinically “addicted” to playing video games.

Nearly 9 out of 10 children in the United States ages 8 to 18 play video games. 3 million U.S. children are addicted to video games.

When it becomes an addiction...

...The signs are hard to miss.

★ Impulsive, irrational or erratic BEHAVIOR.
★ Lack of DISTINCTION or ACCOMPLISHMENT in real life.
★ Skipping meals, events, or social gatherings IN ORDER TO PLAY.
★ Poor BEHAVIOR or PERFORMANCE in academics or sports at school.
★ Difficulty forming or maintaining RELATIONSHIPS with FRIENDS.
★ Talking about the VIRTUAL world more than the REAL one.
This booklet is a product of Clear Recovery Center. All resources and information were gathered from various sources. For more information about drug and alcohol addiction, treatment and aftercare, please visit our website at:

www.clearrecoverycenter.com