

DRUG ABUSE HANDBOOK

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Alcohol and Other Drug Resources

Help for Substance/Alcohol Abuse

If you are experiencing problems with drugs and/or alcohol and need help, or are concerned about a family member or friend, there are resources available.

Referral Resources

School Director

Main Campus, Alton
618-474-0616

Alcohol Hotline

1-800-ALCOHOL

Cocaine Hotline

1-800-COCAINE

Tri County Counseling Center

(Green, Jersey & Macoupin Counties)
618-498-9587

Family Resource Alliance

(Madison County)
800-872-0528

Gateway Treatment Center

Caseyville Inpatient and Detox Program
618-345-8313
Belleville Outpatient Center
618-234-9002

SMARTS in St Mary's Hospital

618-482-7124 (East St. Louis)
Chestnut Health System
618-877-4420

Southwest Illinois Treatment

618-624-8540

Alcoholics Anonymous

314-731-4854 (Hazelwood, Missouri)
Central service number
314-647-3677

Al-Anon

(for anyone affected by someone else's drinking)

618-463-2429 (Alton, Illinois)
314-645-1572 (Maplewood, Missouri)

Health Risks of Drugs

Adverse health effect can range from nausea and anxiety to coma and death. There are risks associated with the chronic use of all psychoactive drugs, including alcohol. A pregnant woman who uses alcohol, cigarettes, or other drugs exposes her fetus to serious risks, such as the risk of miscarriage, low birth weight, irreversible physical abnormalities and mental retardation.

Alcohol

Alcohol consumption causes a number of marked changes in behavior. Even low doses significantly impair the judgment and coordination required to drive a car safely, increasing the likelihood that the driver will be involved in an accident. Low to moderate doses of alcohol also increases the incidence of a variety of aggressive acts, including spouse and child abuse. Moderate to high doses of alcohol cause marked impairments in higher mental functions, severely altering a person's ability to learn and remember information. Very high doses cause respiratory depression and death. If combined with other depressants of the central nervous system, much lower doses of alcohol will produce the effects just described.

Repeated use of alcohol can lead to dependence. Sudden cessation of alcohol intake is likely to produce withdrawal symptoms, including severe anxiety, tremors, hallucinations, and convulsions. Alcohol withdrawal can be life threatening. Long-term consumption of large quantities of alcohol, particularly when combined with poor nutrition, can also lead to permanent damage to vital organs such as the brain and the liver.

Cocaine and Amphetamines

Cocaine and amphetamines, including Ritalin, are central nervous system stimulants and increase heart rate, blood pressure, and temperature. Both can produce euphoria, increased energy, and confidence, but may also cause restlessness, anxiety, hostility, and paranoia. Strokes and heart attacks may result from cocaine use. Repeated use requires increasing amounts to produce an effect. Withdrawal from cocaine is very difficult due to its highly addictive properties. Long-term chronic use results in weight loss, malnutrition, dysphoria, insomnia, and fatigue. An overdose can cause heart irregularities, high fever, seizures, psychosis, coma and death. Freebase and crack are purified, highly concentrated forms of cocaine that produce a much more powerful and dangerous effect.

Marijuana

Although not known to produce physiological addiction, marijuana can cause psychological dependence. It produces a feeling of relaxation, mild euphoria, and increased heart rate. However, altered perceptions and sensations can make a person more prone to accidents, making driving a substantial risk. An adverse effect of the drug is acute panic reaction. High doses can cause hallucinations, paranoia and delirium. Chronic use can impair production of male hormones, causing breast enlargement in men and reduced sperm count. The tars and other gasses in smoke have been found to produce increased risk of respiratory diseases and lung cancer, similar to those related to nicotine.

Depressants

In addition to alcohol, depressant drugs include barbiturates and tranquilizers such as Quaaludes and Valium. They cause drowsiness and symptoms similar to drunkenness; they can cause respiratory depression and death especially when combined with alcohol use. The combined effect of alcohol and depressants is multiplicative rather than additive and therefore can be fatal. Due to the depressant effect, the likelihood of death by accident increases with depressant usage.

Anabolic Steroids

Anabolic steroid use may cause severe acne, sexual impotence, rashes, breast enlargement in men, and male physical characteristics in women. Steroids also cause personality changes, including increased aggressive behavior ("roid rage") and decreased control over emotions. Steroid use may cause liver and kidney tumors or cysts, cancer and heart damage. Sharing needles or syringes to inject steroids can result in Hepatitis B or HIV/AIDS.

Hallucinogens

Hallucinogens include LSD (D-lysergic acid diethylamide), DMT (dimethyltryptamine), mescaline, mushrooms (psilocybin), Ecstasy, angel dust, and PCP. They cause increased pulse rate and blood pressure, tearing of the eyes, visual hallucinations, illusions, sensory confusion, and altered time perception. The most common adverse effect is a panic reaction or "bad trip." Extreme agitation or delirium may occur. Some people have psychotic episodes or flashbacks, which may occur long after use. The major danger of this group of drugs is markedly impaired judgment and hallucinations predisposing the individual to accidents and bizarre behavior that can result in death.

Opiates

Opiates include heroin, morphine, Demerol, and Percodan, among other drugs. They produce euphoria, drowsiness, and respiratory depression. Overdosage causes coma, respiratory arrest and death. The physiological addiction is very strong; tolerance and dependence develop quickly, requiring higher doses to produce an effect. Because these drugs are often injected, use of shared or unclean needles and syringes may result in Hepatitis B infection and HIV/AIDS, as well as endocarditis, an infection of the heart muscle; all may result in death.

Effects of Alcohol

EFFECTS OF ALCOHOL IN VARYING QUANTITIES

(for a person weighing 160 pounds)

Blood Alcohol Content	Effects*
.02	About one drink. Light or moderate drinkers feel some effect, usually warmth and relaxation.
.04	About two drinks in an hour. Most people feel relaxed, talkative, happy; the skin may flush. Fine motor coordination will be affected.
.05	First recognizable changes occur, with lightheadedness, giddiness, lowered inhibitions and less control of thoughts. Restraint and judgment are lessened and coordination may be slightly altered. Driving is significantly more dangerous and best avoided. DWI convictions occur at this level at judge's discretion.
.06	About three drinks in an hour. Judgment is somewhat impaired and normal ability to make rational decisions about personal capabilities is affected, as in driving.
.08	About four drinks in an hour or five in two hours. Muscle coordination is impaired and reaction time is slower. There is sensory numbness in the face and lips. Hands, arms and legs may tingle, then feel numb. Legally intoxicated for DWI.
.10	Five drinks in an hour or six in two hours. A clear deterioration of reaction time and muscle control is present. Speech will be fuzzy and a general clumsiness will appear.
.15	Six drinks in an hour or eight in three hours. Balance and movement are dangerously impaired and all faculties are affected. Equivalent of one-half a pint of whiskey in bloodstream.
.20	Ten drinks in three hours. Motor and emotional control are measurably affected. Slurred speech, staggering, loss of balance and double vision are present.
.30	Lack of understanding of what is seen or heard. Confusion, stupor, loss of consciousness.
.40	Usually unconscious, skin clammy. Lethal dose for 50 percent of the population.
.50	Lethal dose for 75 percent of the population.

For the chart above, a drink is considered to be one ounce of liquor (a shot), four ounces of wine, or one 12 oz. can or bottle of beer. People who have built a high tolerance will not necessarily experience the symptoms noted. However, a high tolerance is a sign of other problems.

*Please note that gender, body size and type, fatigue, recent illness, food content in stomach, altitude, age, and use of other drugs and/or medications will alter the effects of alcohol in all of these quantities.

Drugs of Abuse

DRUGS OF ABUSE

Drugs	Trade or Other Names	Dependence Physical	Dependence Psychological	Possible Effects	Effects of Overdose	Withdrawal Syndrome
NARCOTICS						
Opium	Dover's Powder, Paregone Parapectolin	High	High	Euphoria, drowsiness, respiratory depression, constricted pupils, nausea	Slow and shallow breathing, clammy skin, convulsions, coma, possible death	Watery eyes, runny nose, yawning, loss of appetite, irritability, tremors, panic, cramps, nausea, chills and sweating
Morphine	Morphine, MS-Contin, Roxanol, Roxanol SR	High	High			
Codeine	Tylenol w/Codeine, Empirin w/Codeine, Robitussin A-C, Fiorinal w/Codeine	Moderate	Moderate			
Heroin	Diacetylmorphine, Horse, Smack	High	High			
Hydromorphone	Diauidid	High	High			
Meperidine (Pethidine)	Demerol, Mepergan	High	High			
Methadone	Dolophine, Methadone, Methadose	High	High - Low			
Other narcotics	Numorphan, Percodan, Percoset, Tylox, Tussionex, Fentanyl, Darvon, Lomotil, Talwin	High - Low	High - Low			
DEPRESSANTS						
Chloral Hydrate	Noctec	Moderate	Moderate	Slurred speech, disorientation, drunken behavior without odor of alcohol	Shallow respiration, clammy skin, dilated pupils, weak and rapid pulse, coma, possible death	Anxiety, insomnia, tremors, delirium, convulsions, possible death
Barbiturates	Amytal, Bubsol, Fiorinal, Lotusate, Nembutal, Seconal, Tinal, Phenobarbital	High - Mod	High - Mod			
Benzodiazepines	Ativan, Dalmane, Diazepam, Librium, Xanax, Serax, Valium, Tranvexa, Verstran, Versed, Halcion, Paxipm, Restoril	Low	Low			
Methaqualone	Quaalude	High	High			
Glutethimide	Doriden	High	Moderate			
Other depressants	Equanil, Miltown, Noludar, Placydil, Valmid	Moderate	Moderate			
STIMULANTS						
Cocaine	Coke, Flake, Snow, Crack	Possible	High	Increased alertness, excitation, euphoria, increased pulse rate and blood pressure, insomnia, loss of appetite	Agitation, increase in body temperature, hallucinations, convulsions, possible death	Apathy, long periods of sleep, irritability, depression, disorientation
Amphetamines	Biphentamine, Delcobese, Desoxyn, Dexedrine, Obetrol	Possible	High			
Phenmetrazine	Preludin	Possible	High			
Methylphenidate	Ritalin	Possible	Moderate			
Other stimulants	Adipex, Cylert, Didrex, Ionamin, Melfist, Plegine, Sanorex, Tenaate, Tepamil, Prelu-2	Possible	Moderate			
HALLUCINOGENS						
LSD	Acid, Microdot	None	Unknown	Illusions and hallucinations, poor perception of time and distance	Longer, more intense "trip" episodes, psychosis, possible death	Withdrawal syndrome not reported
Mescaline and Peyote	Merc, Buttons, Cactus	None	Unknown			
Amphetamine Variants	2.5 DMA, PMA, STP, MDA, MDMA, TMA, DOM, DOB	Unknown	Unknown			
Phencyclidine	PCP, Angel Dust, Hog	Unknown	High			
Phencyclidine Analogues	PCE, PCPy, TCP	Unknown	High			
Other hallucinogens	Bufofenine, Ibogaine, DMT, DET, Psilocylin, Pellocyn	None	Unknown			
CANNABIS						
Marijuana	Pot, Acapulco Gold, Grass, Reefer, Sinsemilla, Thai Sticks	Unknown	Moderate	Euphoria, relaxed inhibitions, increased appetite, disoriented behavior	Fatigue, paranoia, possible psychosis	Insomnia, hyperactivity, and decreased appetite occasionally reported
Tetrahydrocannabinol	THC, Marinol	Unknown	Moderate			
Hashish	Hash	Unknown	Moderate			
Hashish oil	Hash Oil	Unknown	Moderate			
ALCOHOL						
		Repeated use of alcohol can lead to dependence		Impaired judgment and coordination, increased incidence of aggressive acts	Respiratory depression, death	Severe anxiety, tremors, hallucinations, convulsions

Federal Trafficking Penalties

DRUG/SCHEDULE	QUANTITY	PENALTIES	QUANTITY	PENALTIES
Cocaine (Schedule II)	500 - 4999 gms mixture	First Offense: Not less than 5 yrs, and not more than 40 yrs. If death or serious injury, not less than 20 or more than life. Fine of not more than \$2 million if an individual, \$5 million if not an individual Second Offense: Not less than 10 yrs, and not more than life. If death or serious injury, life imprisonment. Fine of not more than \$4 million if an individual, \$10 million if not an individual	5 kgs or more mixture	First Offense: Not less than 10 yrs, and not more than life. If death or serious injury, not less than 20 or more than life. Fine of not more than \$4 million if an individual, \$10 million if not an individual. Second Offense: Not less than 20 yrs, and not more than life. If death or serious injury, life imprisonment. Fine of not more than \$8 million if an individual, \$20 million if not an individual. 2 or More Prior Offenses: Life imprisonment
Cocaine Base (Schedule II)	5-49 gms mixture		50 gms or more mixture	
Fentanyl (Schedule II)	40 - 399 gms mixture		400 gms or more mixture	
Fentanyl Analogue (Schedule I)	10 - 99 gms mixture		100 gms or more mixture	
Heroin (Schedule I)	100 - 999 gms mixture		1 kg or more mixture	
LSD (Schedule I)	1 - 9 gms mixture		10 gms or more mixture	
Methamphetamine (Schedule II)	5 - 49 gms pure or 50 - 499 gms mixture		50 gms or more pure or 500 gms or more mixture	
PCP (Schedule II)	10 - 99 gms pure or 100 - 999 gms mixture	100 gm or more pure or 1 kg or more mixture		
PENALTIES				
Other Schedule I & II drugs (and any drug product containing Gamma Hydroxybutyric Acid)	Any amount	First Offense: Not more that 20 yrs. If death or serious injury, not less than 20 yrs, or more than Life. Fine \$1 million if an individual, \$5 million if not an individual.		
Flunitrazepam (Schedule IV)	1 gm or more	Second Offense: Not more than 30 yrs. If death or serious injury, not less than life. Fine \$2 million if an individual, \$10 million if not an individual		
Other Schedule III drugs	Any amount	First Offense: Not more than 5 years. Fine not more than \$250,000 if an individual, \$1 million if not an individual.		
Flunitrazepam (Schedule IV)	30 to 999 mgs	Second Offense: Not more 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if not an individual		
All other Schedule IV drugs	Any amount	First Offense: Not more than 3 years. Fine not more than \$250,000 if an individual, \$1 million if not an individual.		
Flunitrazepam (Schedule IV)	Less than 30 mgs	Second Offense: Not more than 6 yrs. Fine not more than \$500,000 if an individual, \$2 million if not an individual.		
All Schedule V drugs	Any amount	First Offense: Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual.		
		Second Offense: Not more than 2 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.		

Does not include marijuana, hashish, or hash oil.

Federal Trafficking Penalties - Marijuana

DRUG	QUANTITY	1 st OFFENSE	2 nd OFFENSE
Marijuana	1,000 kg or more mixture; or 1,000 or more plants	<ul style="list-style-type: none"> • Not less than 10 years, not more than life • If death or serious injury, not less than 20 years, not more than life • Fine not more than \$4 million if an individual, \$10 million if other than an individual 	<ul style="list-style-type: none"> • Not less than 20 years, not more than life • If death or serious injury, mandatory life • Fine not more than \$8 million if an individual, \$20 million if other than an individual
Marijuana	100 kg to 999 kg mixture; or 100 to 999 plants	<ul style="list-style-type: none"> • Not less than 5 years, not more than 40 years • If death or serious injury, not less than 20 years, not more than life • Fine not more than \$2 million if an individual, \$5 million if other than an individual 	<ul style="list-style-type: none"> • Not less than 10 years, not more than life • If death or serious injury, mandatory life • Fine not more than \$4 million if an individual, \$10 million if other than an individual
Marijuana	more than 10 kgs hashish; 50 to 99 kg mixture more than 1 kg of hashish oil; 50 to 99 plants	<ul style="list-style-type: none"> • Not more than 20 years • If death or serious injury, not less than 20 years, not more than life • Fine \$1 million if an individual, \$5 million if other than an individual 	<ul style="list-style-type: none"> • Not more than 30 years • If death or serious injury, mandatory life • Fine \$2 million if an individual, \$10 million if other than individual
Marijuana	1 to 49 plants; less than 50 kg mixture	<ul style="list-style-type: none"> • Not more than 5 years • Fine not more than \$250,000, \$1 million other than individual 	<ul style="list-style-type: none"> • Not more than 10 years • Fine \$500,000 if an individual, \$2 million if other than individual
Hashish	10 kg or less		
Hashish Oil	1 kg or less		

Includes Hashish and Hashish Oil