

Alcohol/Drug Abuse Brochure  
for  
ROLLINS COLLEGE

Students, Faculty and Staff

Drug-Free Schools and  
Communities Act (DFSCA)  
Biennial Report

## **PHILOSOPHY**

Rollins College was founded for the purpose of preparing students for a virtuous and useful life.... Pursuit of this kind of excellence requires that we effect a meaningful intellectual, scholarly, and personal enhancement of our students. While this enhancement begins with the dissemination of knowledge, it must reach a higher context of what it means to be a full person.

All members of the academic community -- students, faculty, administrators and staff members -- share in the responsibility for protecting and enhancing an environment committed to the pursuit of this objective while maintaining the highest standards of professional and personal conduct. The illegal and/or abusive use of drugs or alcohol by any member of the academic community adversely affects the educational environment. Rollins College is therefore committed to having a campus that is free of illegal drug use and drug or alcohol abuse.

In keeping with the educational mission of the institution, the College will utilize educational strategies as its major approach to this problem, but everyone who illegally uses drugs or abuses any drug including alcohol will be subject to prosecution by civil authorities and disciplinary action by the College. The College's interest in disciplinary sanctions is not punitive, but is rather aimed at establishing clear limits of conduct for members of the campus community.

Rollins College students, faculty, staff and administrators who are misusing alcohol or using illegal drugs are strongly encouraged to seek help to end this behavior. This College policy is not intended to punish people who seek rehabilitation. All information provided by people who voluntarily avail themselves of drug and alcohol counseling or rehabilitation services will be confidential. For the purpose of this policy, alcohol is considered to be a drug.

## **ROLLINS COLLEGE POLICY ON DRUG ABUSE**

Rollins College is dedicated to the intellectual, scholarly and personal enhancement of its students and, as such, expects all members of the academic community to behave in a manner conducive to that end. The highest standards of personal and professional conduct must be maintained by faculty, staff and students. Illegal and/or abusive use of drugs by members of the college community adversely affects the quality of campus life and the mission of the College and is therefore prohibited.

### **The goals of the policy are to:**

- Prevent drug abuse through a strong educational effort.
- Encourage and facilitate the use of counseling services and rehabilitation programs by those members of the academic community who require assistance in stopping drug abuse.
- Sanction members of the academic community appropriately who engage in illegal drug-related behaviors.

## **EDUCATIONAL EFFORTS TO PREVENT DRUG ABUSE**

In keeping with the educational mission of the institution, Rollins College will conduct an educational program aimed at preventing drug abuse and illegal drug use. Educational efforts shall be directed to all members of the

academic community and will include information about the incompatibility of the use or sale of illegal drugs with the College goals and mission; the health hazards associated with illegal drug use and alcohol abuse; and the legal and judicial consequences of involvement with illegal drugs.

## **COUNSELING AND REHABILITATION SERVICES TO PREVENT DRUG ABUSE**

Those students, faculty or staff who seek assistance with a drug related problem shall be provided with information about drug counseling and rehabilitation services at Rollins College and in the Central Florida community. Those who avail themselves of such services shall be assured that Rollins College policy on confidentiality will be observed.

## **DISCIPLINARY ACTIONS TO PREVENT DRUG ABUSE**

All Rollins College employees and students are responsible, as citizens, for knowing about and complying with the provisions of the laws of the State of Florida FSS 893, which make it a crime to possess, sell, deliver or manufacture controlled substances. Any member of the College community who violates that law is subject to prosecution by civil authorities and disciplinary actions by the College. This is not "double jeopardy."

Penalties or sanctions will be imposed by the College in accordance with procedural safeguards applicable to disciplinary actions against employees and students as found in The Code of Community Standards, The Rollins College Policies and Procedural Manual, The Bylaws and Handbook of the Faculty of the College, and other applicable documents. Sanctions and penalties may range from written warnings with probationary status to dismissal from academic programs and termination of employment.

When a student, faculty, administrator or staff member has been charged by the College with a violation of policies concerning illegal drugs or abuse of alcohol, she/he may be suspended from classes or employment before regular disciplinary proceedings, if it is determined that such action is necessary for protecting the health, safety or welfare of the College or any member of the academic community. If such a suspension is imposed, it must be reviewed as promptly as possible.

Employees convicted of a criminal drug statute violation occurring in the workplace are required to notify the College no later than five days following conviction. The College will commence disciplinary action against such an individual.

## **RESPONSIBILITIES UNDER THIS POLICY**

The President has overall responsibility for implementing this policy. Each Vice President is responsible for ensuring that the policy is uniformly administered and all programs and actions are executed.

All employees and students shall be responsible for abiding by the provisions of this policy. In the case of employees, adherence to this policy shall be a condition of employment.

*A biennial review of this policy will be conducted by the Dean of Student Affairs and the AVP of Human Resources and submitted to the President.*

## **DISSEMINATION OF THIS POLICY**

A copy of this policy shall be given annually to each employee and to all new employees at the beginning of employment.

Each student registered during an academic year in any program of the College will receive a copy of this policy. The policy shall be reprinted in appropriate documents of the College.

## **DRUGS/ALCOHOL AND THEIR HEALTH AND LEGAL RISKS**

The information listed below was gathered from the National Institute on Drug Abuse, <https://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs-charts>, revised April 2016.

### **Commonly Abused Drugs**

Most drugs of abuse can alter a person's thinking and judgment, leading to health risks, including addiction, drugged driving, and infectious disease. Most drugs could potentially harm an unborn baby; pregnancy-related issues are listed in the chart below for drugs where there is enough scientific evidence to connect the drug use to specific negative effects.

The following drugs are included in this resource:

- Alcohol
- Ayahuasca
- Cocaine
- DMT
- GHB
- Hallucinogens
- Heroin
- Inhalants
- Ketamine
- Khat
- Kratom
- LSD
- Marijuana (Cannabis)
- MDMA (Ecstasy/Molly)
- Mescaline (Peyote)
- Methamphetamine
- Over-the-counter Cough/Cold Medicines (Dextromethorphan or DXM)
- PCP
- Prescription Opioids
- Prescription Sedatives (Tranquilizers, Depressants)
- Prescription Stimulants
- Psilocybin
- Rohypnol® (Flunitrazepam)
- Salvia
- Steroids (Anabolic)
- Synthetic Cannabinoids
- Synthetic Cathinones ("Bath Salts")
- Tobacco

\*\*The Drug Enforcement Agency (DEA) schedule indicates the drug's acceptable medical use and its potential for abuse or dependence. More information can be found on the [DEA website](#).

## Alcohol

People drink to socialize, celebrate, and relax. Alcohol often has a strong effect on people—and throughout history, people have struggled to understand and manage alcohol’s power. Why does alcohol cause people to act and feel differently? How much is too much? Why do some people become addicted while others do not? The National Institute on Alcohol Abuse and Alcoholism is researching the answers to these and many other questions about alcohol. Here’s what is known:

Alcohol’s effects vary from person to person, depending on a variety of factors, including:

- How much you drink
- How often you drink
- Your age
- Your health status
- Your family history

While drinking alcohol is itself not necessarily a problem—[drinking too much](#) can cause a range of consequences, and increase your risk for a variety of problems. For more information on alcohol’s effects on the body, please see the [National Institute on Alcohol Abuse and Alcoholism’s](#) related web page describing [alcohol’s effects on the body](#).

## Ayahuasca

A hallucinogenic tea made in the Amazon from a DMT-containing plant (*Psychotria viridis* or *Diplopterys cabrerana* or other) along with another vine (*Banisteriopsis caapi*) that contains an MAO Inhibitor preventing the natural breakdown of DMT in the digestive system, thereby facilitating a prolonged hallucinatory experience. It was used historically in Amazonian religious and healing rituals and is increasingly used by tourists. For more information, see the [Hallucinogens and Dissociative Drugs Research Report](#).

Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
Aya, Yagé, Hoasca	No commercial uses	Brewed as tea	Swallowed as tea	DMT is Schedule I, but plants containing it are not controlled

### Possible Health Effects

<b>Short-term</b>	Strong hallucinations including perceptions of otherworldly imagery, altered visual and auditory perceptions; increased blood pressure; vomiting.
<b>Long-term</b>	Unknown.
<b>Other Health-related Issues</b>	Unknown.
<b>In Combination with Alcohol</b>	Unknown.
<b>Withdrawal Symptoms</b>	Unknown.

### Treatment Options

<b>Medications</b>	It is not known whether ayahuasca is addictive. There are no FDA-approved medications to treat addiction to ayahuasca or other hallucinogens.
<b>Behavioral Therapies</b>	More research is needed to find out if ayahuasca is addictive and, if so, whether behavioral therapies are effective.

### Cocaine

A powerfully addictive stimulant drug made from the leaves of the coca plant native to South America. For more information, see the [Cocaine Research Report](#).

Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
Blow, Bump, C, Candy, Charlie, Coke, Crack, Flake, Rock, Snow, Toot	Cocaine hydrochloride topical solution (anesthetic rarely used in medical procedures)	White powder, whitish rock crystal	Snorted, smoked, injected	II

### Possible Health Effects

<b>Short-term</b>	Narrowed blood vessels; enlarged pupils; increased body temperature, heart rate, and blood pressure; headache; abdominal pain and nausea; euphoria; increased energy, alertness; insomnia, restlessness; anxiety; erratic and violent behavior, panic attacks, paranoia, psychosis; heart rhythm problems, heart attack; stroke, seizure, coma.
<b>Long-term</b>	Loss of sense of smell, nosebleeds, nasal damage and trouble swallowing from snorting; infection and death of bowel tissue from decreased blood flow; poor nutrition and weight loss from decreased appetite.
<b>Other Health-related Issues</b>	Pregnancy: premature delivery, low birth weight, neonatal abstinence syndrome.  Risk of HIV, hepatitis, and other infectious diseases from shared needles.
<b>In Combination with Alcohol</b>	Greater risk of overdose and sudden death than from either drug alone.
<b>Withdrawal Symptoms</b>	Depression, tiredness, increased appetite, insomnia, vivid unpleasant dreams, slowed thinking and movement, restlessness.

### Treatment Options

<b>Medications</b>	There are no FDA-approved medications to treat cocaine addiction.
<b>Behavioral Therapies</b>	<ul style="list-style-type: none"> <li>• Cognitive-behavioral therapy (CBT)</li> <li>• Community reinforcement approach plus vouchers</li> <li>• Contingency management, or motivational incentives</li> <li>• The matrix model</li> <li>• 12-Step facilitation therapy</li> </ul>

### DMT

A synthetic drug producing intense but relatively short-lived hallucinogenic experiences; also naturally occurring in some South American plants (See Ayahuasca). For more information, see the [Hallucinogens and Dissociative Drugs Research Report](#).

Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
DMT, Dimitri	No commercial uses	White or yellow crystalline powder	Smoked, injected	I

### Possible Health Effects

<b>Short-term</b>	Intense visual hallucinations, depersonalization, auditory distortions, and an altered perception of time and body image, usually resolving in 30-45 minutes or less. Physical effects include hypertension, increased heart rate, agitation, seizures, dilated pupils, involuntary rapid eye movements, dizziness, incoordination.
<b>Long-term</b>	Unknown
<b>Other Health-related Issues</b>	At high doses, coma and respiratory arrest have occurred.
<b>In Combination with Alcohol</b>	Unknown.
<b>Withdrawal Symptoms</b>	Unknown.
Treatment Options	
<b>Medications</b>	It is not known whether DMT is addictive. There are no FDA-approved medications to treat addiction to DMT or other hallucinogens.
<b>Behavioral Therapies</b>	More research is needed to find out if DMT is addictive and, if so, whether behavioral therapies are effective.

### GHB

A depressant approved for use in the treatment of narcolepsy, a disorder that causes daytime "sleep attacks."

Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
G, Georgia Home Boy, Goop, Grievous Bodily Harm, Liquid Ecstasy, Liquid X, Soap, Scoop	Gamma-hydroxybutyrate or sodium oxybate (Xyrem®)	Colorless liquid, white powder	Swallowed (often combined with alcohol or other beverages)	I

### Possible Health Effects

<b>Short-term</b>	Euphoria, drowsiness, decreased anxiety, confusion, memory loss, hallucinations, excited and aggressive behavior, nausea, vomiting, unconsciousness, seizures, slowed heart rate and breathing, lower body temperature, coma, death.
<b>Long-term</b>	Unknown.
<b>Other Health-related Issues</b>	Sometimes used as a date rape drug.
<b>In Combination with Alcohol</b>	Nausea, problems with breathing, greatly increased depressant effects.
<b>Withdrawal Symptoms</b>	Insomnia, anxiety, tremors, sweating, increased heart rate and blood pressure, psychotic thoughts.
Treatment Options	
<b>Medications</b>	Benzodiazepines
<b>Behavioral Therapies</b>	More research is needed to find out if behavioral therapies can be used to treat GHB addiction.

### Hallucinogens

Drugs that cause profound distortions in a person's perceptions of reality, such as ketamine, LSD, mescaline (peyote), PCP, psilocybin, salvia, DMT, and ayahuasca. For more information, see the [Hallucinogens and Dissociative Drugs Research Report](#).

### Heroin

An opioid drug made from morphine, a natural substance extracted from the seed pod of the Asian opium poppy plant. For more information, see the [Heroin Research Report](#).

Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
Brown sugar, China White, Dope, H, Horse, Junk, Skag, Skunk, Smack, White Horse <i>With OTC cold medicine and antihistamine: Cheese</i>	No commercial uses	White or brownish powder, or black sticky substance known as "black tar heroin"	Injected, smoked, snorted	I

### Possible Health Effects

<b>Short-term</b>	Euphoria; warm flushing of skin; dry mouth; heavy feeling in the hands and feet; clouded thinking; alternate wakeful and drowsy states; itching; nausea; vomiting; slowed breathing and heart rate.
<b>Long-term</b>	Collapsed veins; abscesses (swollen tissue with pus); infection of the lining and valves in the heart; constipation and stomach cramps; liver or kidney disease; pneumonia.
<b>Other Health-related Issues</b>	Pregnancy: miscarriage, low birth weight, neonatal abstinence syndrome.  Risk of HIV, hepatitis, and other infectious diseases from shared needles.
<b>In Combination with Alcohol</b>	Dangerous slowdown of heart rate and breathing, coma, death.
<b>Withdrawal Symptoms</b>	Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey"), leg movements.

### Treatment Options

<b>Medications</b>	<ul style="list-style-type: none"> <li>• Methadone</li> <li>• Buprenorphine</li> <li>• Naltrexone (short- and long-acting forms)</li> </ul>
<b>Behavioral Therapies</b>	<ul style="list-style-type: none"> <li>• Contingency management, or motivational incentives</li> <li>• 12-Step facilitation therapy</li> </ul>

### Inhalants

Solvents, aerosols, and gases found in household products such as spray paints, markers, glues, and cleaning fluids; also nitrites (e.g., amyl nitrite), which are prescription medications for chest pain. For more information, see the [Inhalants Research Report](#).

Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
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Poppers, snappers, whippets, laughing gas	Various	Paint thinners or removers, degreasers, dry-cleaning fluids, gasoline, lighter fluids, correction fluids, permanent markers, electronics cleaners and freeze sprays, glue, spray paint, hair or deodorant sprays, fabric protector sprays, aerosol computer cleaning products, vegetable oil sprays, butane lighters, propane tanks, whipped cream aerosol containers, refrigerant gases, ether, chloroform, halothane, nitrous oxide	Inhaled through the nose or mouth	Not scheduled
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**Possible Health Effects**

<b>Short-term</b>	<p>Confusion; nausea; slurred speech; lack of coordination; euphoria; dizziness; drowsiness; disinhibition, lightheadedness, hallucinations/delusions; headaches; sudden sniffing death due to heart failure (from butane, propane, and other chemicals in aerosols); death from asphyxiation, suffocation, convulsions or seizures, coma, or choking.</p> <p>Nitrites: enlarged blood vessels, enhanced sexual pleasure, increased heart rate, brief sensation of heat and excitement, dizziness, headache.</p>
<b>Long-term</b>	<p>Liver and kidney damage; bone marrow damage; limb spasms due to nerve damage; brain damage from lack of oxygen that can cause problems with thinking, movement, vision, and hearing.</p> <p>Nitrites: increased risk of pneumonia.</p>
<b>Other Health-related Issues</b>	Pregnancy: low birth weight, bone problems, delayed behavioral development due to brain problems, altered metabolism and body composition.
<b>In Combination with Alcohol</b>	Nitrites: dangerously low blood pressure.
<b>Withdrawal Symptoms</b>	Nausea, loss of appetite, sweating, tics, problems sleeping, and mood changes.

**Treatment Options**

<b>Medications</b>	There are no FDA-approved medications to treat inhalant addiction.
<b>Behavioral Therapies</b>	More research is needed to find out if behavioral therapies can be used to treat inhalant addiction.

**Ketamine**

A dissociative drug used as an anesthetic in veterinary practice. Dissociative drugs are hallucinogens that cause the user to feel detached from reality. For more information, see the [Hallucinogens and Dissociative Drugs Research Report](#).

Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
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Cat Valium, K, Special K, Vitamin K	Ketalar®	Liquid, white powder	Injected, snorted, smoked (powder added to tobacco or marijuana cigarettes), swallowed	III
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#### Possible Health Effects

<b>Short-term</b>	Problems with attention, learning, and memory; dreamlike states, hallucinations; sedation; confusion and problems speaking; loss of memory; problems moving, to the point of being immobile; raised blood pressure; unconsciousness; slowed breathing that can lead to death.
<b>Long-term</b>	Ulcers and pain in the bladder; kidney problems; stomach pain; depression; poor memory.
<b>Other Health-related Issues</b>	Sometimes used as a date rape drug.  Risk of HIV, hepatitis, and other infectious diseases from shared needles.
<b>In Combination with Alcohol</b>	Increased risk of adverse effects.
<b>Withdrawal Symptoms</b>	Unknown.

#### Treatment Options

<b>Medications</b>	There are no FDA-approved medications to treat addiction to ketamine or other dissociative drugs.
<b>Behavioral Therapies</b>	More research is needed to find out if behavioral therapies can be used to treat addiction to dissociative drugs.

### Khat

Pronounced "cot," a shrub (*Catha edulis*) found in East Africa and southern Arabia; contains the psychoactive chemicals cathinone and cathine. People from African and Arabian regions (up to an estimated 20 million worldwide) have used khat for centuries as part of cultural tradition and for its stimulant-like effects.

Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
Abyssinian Tea, African Salad, Catha, Chat, Kat, Oat	No commercial uses	Fresh or dried leaves	Chewed, brewed as tea	Cathinone is a Schedule I drug, making khat use illegal, but the khat plant is not controlled

#### Possible Health Effects

<b>Short-term</b>	Euphoria, increased alertness and arousal, increased blood pressure and heart rate, depression, inability to concentrate, irritability, loss of appetite, insomnia.
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<b>Long-term</b>	Tooth decay and gum disease; gastrointestinal disorders such as constipation, ulcers, stomach inflammation, and increased risk of upper gastrointestinal tumors; cardiovascular disorders such as irregular heartbeat, decreased blood flow, and heart attack.
<b>Other Health-related Issues</b>	In rare cases associated with heavy use: psychotic reactions such as fear, anxiety, grandiose delusions (fantastical beliefs that one has superior qualities such as fame, power, and wealth), hallucinations, and paranoia.
<b>In Combination with Alcohol</b>	Unknown.
<b>Withdrawal Symptoms</b>	Depression, nightmares, trembling, and lack of energy.

### Treatment Options

<b>Medications</b>	It is not known whether khat is addictive. There are no FDA-approved medications to treat addiction to khat.
<b>Behavioral Therapies</b>	More research is needed to find out if khat is addictive and, if so, whether behavioral therapies are effective.

### Kratom

A tropical deciduous tree (*Mitragyna speciosa*) native to Southeast Asia, with leaves that contain mitragynine, a psychoactive (mind-altering) opioid. Kratom is consumed for mood-lifting effects and pain relief and as an aphrodisiac. For more information, see the [Kratom DrugFacts](#).

Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
Herbal Speedball, Biak-biak, Ketum, Kahuam, Ithang, Thom	None	Fresh or dried leaves, powder, liquid, gum	Chewed (whole leaves); eaten (mixed in food or brewed as tea); occasionally smoked	Not scheduled

### Possible Health Effects

<b>Short-term</b>	<p>Sensitivity to sunburn, nausea, itching, sweating, dry mouth, constipation, increased urination, loss of appetite.</p> <p>Low doses: increased energy, sociability, alertness.</p> <p>High doses: sedation, euphoria, decreased pain.</p>
<b>Long-term</b>	Anorexia, weight loss, insomnia, skin darkening, dry mouth, frequent urination, constipation. Hallucination and paranoia with long-term use at high doses.

<b>Other Health-related Issues</b>	Unknown.
<b>In Combination with Alcohol</b>	Unknown.
<b>Withdrawal Symptoms</b>	Muscle aches, insomnia, irritability, hostility, aggression, emotional changes, runny nose, jerky movements.

#### Treatment Options

<b>Medications</b>	No clinical trials have been conducted on medications for kratom addiction.
<b>Behavioral Therapies</b>	More research is needed to find out if behavioral therapies can be used to treat addiction to kratom.

### LSD

A hallucinogen manufactured from lysergic acid, which is found in ergot, a fungus that grows on rye and other grains. LSD is an abbreviation of the scientific name *lysergic acid diethylamide*. For more information, see the [Hallucinogens and Dissociative Drugs Research Report](#).

Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
Acid, Blotter, Blue Heaven, Cubes, Microdot, Yellow Sunshine	No commercial uses	Tablet; capsule; clear liquid; small, decorated squares of absorbent paper that liquid has been added to	Swallowed, absorbed through mouth tissues (paper squares)	I

#### Possible Health Effects

<b>Short-term</b>	Rapid emotional swings; distortion of a person's ability to recognize reality, think rationally, or communicate with others; raised blood pressure, heart rate, body temperature; dizziness and insomnia; loss of appetite; dry mouth; sweating; numbness; weakness; tremors; enlarged pupils.
<b>Long-term</b>	Frightening flashbacks (called Hallucinogen Persisting Perception Disorder [HPPD]); ongoing visual disturbances, disorganized thinking, paranoia, and mood swings.
<b>Other Health-related Issues</b>	Unknown.
<b>In Combination with Alcohol</b>	May decrease the perceived effects of alcohol.
<b>Withdrawal Symptoms</b>	Unknown.

#### Treatment Options

<b>Medications</b>	There are no FDA-approved medications to treat addiction to LSD or other hallucinogens.
<b>Behavioral Therapies</b>	More research is needed to find out if behavioral therapies can be used to treat addiction to hallucinogens.

### Marijuana (Cannabis)

Marijuana is made from the hemp plant, *Cannabis sativa*. The main psychoactive (mind-altering) chemical in marijuana is delta-9-tetrahydrocannabinol, or THC. For more information, see the [Marijuana Research Report](#).

Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
Blunt, Bud, Dope, Ganja, Grass, Green, Herb, Joint, Mary Jane, Pot, Reefer, Sinsemilla, Skunk, Smoke, Trees, Weed; Hashish: Boom, Gangster, Hash, Hemp	Various brand names in states where the sale of marijuana is legal	Greenish-gray mixture of dried, shredded leaves, stems, seeds, and/or flowers; resin (hashish) or sticky, black liquid (hash oil)	Smoked, eaten (mixed in food or brewed as tea)	I

### Possible Health Effects

<b>Short-term</b>	Enhanced sensory perception and euphoria followed by drowsiness/relaxation; slowed reaction time; problems with balance and coordination; increased heart rate and appetite; problems with learning and memory; hallucinations; anxiety; panic attacks; psychosis.
<b>Long-term</b>	Mental health problems, chronic cough, frequent respiratory infections.
<b>Other Health-related Issues</b>	Youth: possible loss of IQ points when repeated use begins in adolescence.  Pregnancy: babies born with problems with attention, memory, and problem solving.
<b>In Combination with Alcohol</b>	Increased heart rate, blood pressure; further slowing of mental processing and reaction time.
<b>Withdrawal Symptoms</b>	Irritability, trouble sleeping, decreased appetite, anxiety.

### Treatment Options

<b>Medications</b>	There are no FDA-approved medications to treat marijuana addiction.
<b>Behavioral Therapies</b>	<ul style="list-style-type: none"> <li>• Cognitive-behavioral therapy (CBT)</li> <li>• Contingency management, or motivational incentives</li> <li>• Motivational Enhancement Therapy (MET)</li> <li>• Behavioral treatments geared to adolescents</li> </ul>

### MDMA (Ecstasy/Molly)

A synthetic, psychoactive drug that has similarities to both the stimulant amphetamine and the hallucinogen mescaline. MDMA is an abbreviation of the scientific name *3,4-methylenedioxy-methamphetamine*. For more information, see the [MDMA \(Ecstasy\) Abuse Research Report](#).

Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
Adam, Clarity, Eve, Lover's Speed, Peace, Uppers	No commercial uses	Colorful tablets with imprinted logos, capsules, powder, liquid	Swallowed, snorted	I

### Possible Health Effects

<b>Short-term</b>	Lowered inhibition; enhanced sensory perception; confusion; depression; sleep problems; anxiety; increased heart rate and blood pressure; muscle tension; teeth clenching; nausea; blurred vision; faintness; chills or sweating; sharp rise in body temperature leading to liver, kidney, or heart failure and death.
<b>Long-term</b>	Long-lasting confusion, depression, problems with attention, memory, and sleep; increased anxiety, impulsiveness, aggression; loss of appetite; less interest in sex.
<b>Other Health-related Issues</b>	Unknown.
<b>In Combination with Alcohol</b>	May increase the risk of cell and organ damage.
<b>Withdrawal Symptoms</b>	Fatigue, loss of appetite, depression, trouble concentrating.

#### Treatment Options

<b>Medications</b>	There is conflicting evidence about whether MDMA is addictive. There are no FDA-approved medications to treat MDMA addiction.
<b>Behavioral Therapies</b>	More research is needed to find out if behavioral therapies can be used to treat MDMA addiction.

#### Mescaline (Peyote)

A hallucinogen found in disk-shaped "buttons" in the crown of several cacti, including peyote. For more information, see the [Hallucinogens and Dissociative Drugs Research Report](#).

Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
Buttons, Cactus, Mesc	No commercial uses	Fresh or dried buttons, capsule	Swallowed (chewed or soaked in water and drunk)	I

#### Possible Health Effects

<b>Short-term</b>	Enhanced perception and feeling; hallucinations; euphoria; anxiety; increased body temperature, heart rate, blood pressure; sweating; problems with movement.
<b>Long-term</b>	Unknown.
<b>Other Health-related Issues</b>	Unknown.
<b>In Combination with Alcohol</b>	Unknown.
<b>Withdrawal Symptoms</b>	Unknown.

#### Treatment Options

<b>Medications</b>	There are no FDA-approved medications to treat addiction to mescaline or other hallucinogens.
<b>Behavioral Therapies</b>	More research is needed to find out if behavioral therapies can be used to treat addiction to hallucinogens.

#### Methamphetamine

An extremely addictive stimulant amphetamine drug. For more information, see the [Methamphetamine Research Report](#).

Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
Crank, Chalk, Crystal, Fire, Glass, Go Fast, Ice, Meth, Speed	Desoxyn®	White powder or pill; crystal meth looks like pieces of glass or shiny blue-white "rocks" of different sizes	Swallowed, snorted, smoked, injected	II

#### Possible Health Effects

<b>Short-term</b>	Increased wakefulness and physical activity; decreased appetite; increased breathing, heart rate, blood pressure, temperature; irregular heartbeat.
<b>Long-term</b>	Anxiety, confusion, insomnia, mood problems, violent behavior, paranoia, hallucinations, delusions, weight loss, severe dental problems ("meth mouth"), intense itching leading to skin sores from scratching.
<b>Other Health-related Issues</b>	Pregnancy: premature delivery; separation of the placenta from the uterus; low birth weight; lethargy; heart and brain problems.  Risk of HIV, hepatitis, and other infectious diseases from shared needles.
<b>In Combination with Alcohol</b>	Masks the depressant effect of alcohol, increasing risk of alcohol overdose; may increase blood pressure and jitters.
<b>Withdrawal Symptoms</b>	Depression, anxiety, tiredness.

#### Treatment Options

<b>Medications</b>	There are no FDA-approved medications to treat methamphetamine addiction.
<b>Behavioral Therapies</b>	<ul style="list-style-type: none"> <li>• Cognitive-behavioral therapy (CBT)</li> <li>• Contingency management or motivational incentives</li> <li>• The matrix model</li> <li>• 12-Step facilitation therapy</li> </ul>

#### Over-the-counter Cough/Cold Medicines (Dextromethorphan or DXM)

Psychoactive when taken in higher-than-recommended amounts. For more information, see the [Cough and Cold Medicine Abuse DrugFacts](#).

Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
Robotripping, Robo, Triple C	Various (many brand names include "DM")	Syrup, capsule	Swallowed	Not scheduled

#### Possible Health Effects

<b>Short-term</b>	Euphoria; slurred speech; increased heart rate, blood pressure, temperature; numbness; dizziness; nausea; vomiting; confusion; paranoia; altered visual perceptions; problems with movement; buildup of excess acid in body fluids.
<b>Long-term</b>	Unknown.
<b>Other Health-related Issues</b>	Breathing problems, seizures, and increased heart rate may occur from other ingredients in cough/cold medicines.

<b>In Combination with Alcohol</b>	Increased risk of adverse effects.
<b>Withdrawal Symptoms</b>	Unknown.

#### Treatment Options

<b>Medications</b>	There are no FDA-approved medications to treat addiction to over-the-counter cough/cold medicines.
<b>Behavioral Therapies</b>	More research is needed to find out if behavioral therapies can be used to treat addiction to over-the-counter cough/cold medicines.

#### PCP

A dissociative drug developed as an intravenous anesthetic that has been discontinued due to serious adverse effects. Dissociative drugs are hallucinogens that cause the user to feel detached from reality. PCP is an abbreviation of the scientific name, *phencyclidine*. For more information, see the [Hallucinogens and Dissociative Drugs Research Report](#).

Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
Angel Dust, Boat, Hog, Love Boat, Peace Pill	No commercial uses	White or colored powder, tablet, or capsule; clear liquid	Injected, snorted, swallowed, smoked (powder added to mint, parsley, oregano, or marijuana)	I, II

#### Possible Health Effects

<b>Short-term</b>	<p>Delusions, hallucinations, paranoia, problems thinking, a sense of distance from one's environment, anxiety.</p> <p>Low doses: slight increase in breathing rate; increased blood pressure and heart rate; shallow breathing; face redness and sweating; numbness of the hands or feet; problems with movement.</p> <p>High doses: lowered blood pressure, pulse rate, breathing rate; nausea; vomiting; blurred vision; flicking up and down of the eyes; drooling; loss of balance; dizziness; violence; suicidal thoughts; seizures, coma, and death.</p>
<b>Long-term</b>	Memory loss, problems with speech and thinking, depression, weight loss, anxiety.
<b>Other Health-related Issues</b>	<p>PCP has been linked to self-injury.</p> <p>Risk of HIV, hepatitis, and other infectious diseases from shared needles.</p>
<b>In Combination with Alcohol</b>	Increased risk of coma.
<b>Withdrawal Symptoms</b>	Headaches, sweating.

#### Treatment Options

<b>Medications</b>	There are no FDA-approved medications to treat addiction to PCP or other dissociative drugs.
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<b>Behavioral Therapies</b>	More research is needed to find out if behavioral therapies can be used to treat addiction to dissociative drugs.			
<b>Prescription Opioids</b>				
Pain relievers with an origin similar to that of heroin. Opioids can cause euphoria and are often used nonmedically, leading to overdose deaths. For more information, see the <a href="#">Prescription Drug Abuse Research Report</a> .				
<b>Street Names</b>	<b>Commercial Names (Common)</b>	<b>Common Forms</b>	<b>Common Ways Taken</b>	<b>DEA Schedule</b>
Captain Cody, Cody, Lean, Schoolboy, Sizzurp, Purple Drank <i>With glutethimide:</i> Doors & Fours, Loads, Pancakes and Syrup	Codeine (various brand names)	Tablet, capsule, liquid	Injected, swallowed (often mixed with soda and flavorings)	II, III, V
Apache, China Girl, China White, Dance Fever, Friend, Goodfella, Jackpot, Murder 8, Tango and Cash, TNT	Fentanyl (Actiq®, Duragesic®, Sublimaze®)	Lozenge, sublingual tablet, film, buccal tablet	Injected, smoked, snorted	II
Vike, Watson-387	Hydrocodone or dihydrocodeinone (Vicodin®, Lortab®, Lorcet®, and others)	Capsule, liquid, tablet	Swallowed, snorted, injected	II
D, Dillies, Footballs, Juice, Smack	Hydromorphone (Dilaudid®)	Liquid, suppository	Injected, rectal	II
Demmies, Pain Killer	Meperidine (Demerol®)	Tablet, liquid	Swallowed, snorted, injected	II
Amidone, Fizzies <i>With MDMA:</i> Chocolate Chip Cookies	Methadone (Dolophine®, Methadose®)	Tablet, dispersible tablet, liquid	Swallowed, injected	II
M, Miss Emma, Monkey, White Stuff	Morphine (Duramorph®, Roxanol®)	Tablet, liquid, capsule, suppository	Injected, swallowed, smoked	II, III
O.C., Oxycet, Oxycotton, Oxy, Hillbilly Heroin, Percs	Oxycodone (OxyContin®, Percodan®, Percocet®, and others)	Capsule, liquid, tablet	Swallowed, snorted, injected	II
Biscuits, Blue Heaven, Blues, Mrs. O, O Bomb, Octagons, Stop Signs	Oxymorphone (Opana®)	Tablet	Swallowed, snorted, injected	II

**Possible Health Effects**

<b>Short-term</b>	Pain relief, drowsiness, nausea, constipation, euphoria, confusion, slowed breathing, death.
<b>Long-term</b>	Unknown.
<b>Other Health-related Issues</b>	<p>Pregnancy: Miscarriage, low birth weight, neonatal abstinence syndrome.</p> <p>Older adults: higher risk of accidental misuse or abuse because many older adults have multiple prescriptions, increasing the risk of drug-drug interactions, and breakdown of drugs slows with age; also, many older adults are treated with prescription medications for pain.</p> <p>Risk of HIV, hepatitis, and other infectious diseases from shared needles.</p>
<b>In Combination with Alcohol</b>	Dangerous slowing of heart rate and breathing leading to coma or death.
<b>Withdrawal Symptoms</b>	Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey"), leg movements.

**Treatment Options**

<b>Medications</b>	<ul style="list-style-type: none"> <li>• Methadone</li> <li>• Buprenorphine</li> <li>• Naltrexone (short- and long-acting)</li> </ul>
<b>Behavioral Therapies</b>	Behavioral therapies that have helped treat addiction to heroin may be useful in treating prescription opioid addiction.

**Prescription Sedatives (Tranquilizers, Depressants)**

Medications that slow brain activity, which makes them useful for treating anxiety and sleep problems. For more information, see the [Prescription Drug Abuse Research Report](#).

<b>Street Names</b>	<b>Commercial Names (Common)</b>	<b>Common Forms</b>	<b>Common Ways Taken</b>	<b>DEA Schedule</b>
Barbs, Phennies, Red Birds, Reds, Tooies, Yellow Jackets, Yellows	Barbiturates: pentobarbital (Nembutal®), phenobarbital (Luminal®)	Pill, capsule, liquid	Swallowed, injected	II, III, IV
Candy, Downers, Sleeping Pills, Tranks	Benzodiazepines: alprazolam (Xanax®), chlorodiazepoxide (Limbitrol®), diazepam (Valium®), lorazepam (Ativan®), triazolam (Halicon®)	Pill, capsule, liquid	Swallowed, snorted	IV
Forget-me Pill, Mexican Valium, R2, Roche, Roofies, Roofinol, Rope, Rophies	Sleep Medications: eszopiclone (Lunesta®), zaleplon (Sonata®), zolpidem (Ambien®)	Pill, capsule, liquid	Swallowed, snorted	IV

**Possible Health Effects**

<b>Short-term</b>	Drowsiness, slurred speech, poor concentration, confusion, dizziness, problems with movement and memory, lowered blood pressure, slowed breathing.
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<b>Long-term</b>	Unknown.			
<b>Other Health-related Issues</b>	Sleep medications are sometimes used as date rape drugs.  Risk of HIV, hepatitis, and other infectious diseases from shared needles.			
<b>In Combination with Alcohol</b>	Further slows heart rate and breathing, which can lead to death.			
<b>Withdrawal Symptoms</b>	Must be discussed with a health care provider; barbiturate withdrawal can cause a serious abstinence syndrome that may even include seizures.			
<b>Treatment Options</b>				
<b>Medications</b>	There are no FDA-approved medications to treat addiction to prescription sedatives; lowering the dose over time must be done with the help of a health care provider.			
<b>Behavioral Therapies</b>	More research is needed to find out if behavioral therapies can be used to treat addiction to prescription sedatives.			
<b>Prescription Stimulants</b>				
Medications that increase alertness, attention, energy, blood pressure, heart rate, and breathing rate. For more information, see the <a href="#">Prescription Drug Abuse Research Report</a> .				
<b>Street Names</b>	<b>Commercial Names (Common)</b>	<b>Common Forms</b>	<b>Common Ways Taken</b>	<b>DEA Schedule</b>
Bennies, Black Beauties, Crosses, Hearts, LA Turnaround, Speed, Truck Drivers, Uppers	Amphetamine (Adderall®, Benzedrine®)	Tablet, capsule	Swallowed, snorted, smoked, injected	II
JIF, MPH, R-ball, Skippy, The Smart Drug, Vitamin R	Methylphenidate (Concerta®, Ritalin®)	Liquid, tablet, chewable tablet, capsule	Swallowed, snorted, smoked, injected, chewed	II
<b>Possible Health Effects</b>				
<b>Short-term</b>	Increased alertness, attention, energy; increased blood pressure and heart rate; narrowed blood vessels; increased blood sugar; opened-up breathing passages.  High doses: dangerously high body temperature and irregular heartbeat; heart failure; seizures.			
<b>Long-term</b>	Heart problems, psychosis, anger, paranoia.			
<b>Other Health-related Issues</b>	Risk of HIV, hepatitis, and other infectious diseases from shared needles.			
<b>In Combination with Alcohol</b>	Masks the depressant action of alcohol, increasing risk of alcohol overdose; may increase blood pressure and jitters.			
<b>Withdrawal Symptoms</b>	Depression, tiredness, sleep problems.			
<b>Treatment Options</b>				
<b>Medications</b>	There are no FDA-approved medications to treat stimulant addiction.			
<b>Behavioral Therapies</b>	Behavioral therapies that have helped treat addiction to cocaine or methamphetamine may be useful in treating prescription stimulant addiction.			

## Psilocybin

A hallucinogen in certain types of mushrooms that grow in parts of South America, Mexico, and the United States. For more information, see the [Hallucinogens and Dissociative Drugs Research Report](#).

Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
Little Smoke, Magic Mushrooms, Purple Passion, Shrooms	No commercial uses	Fresh or dried mushrooms with long, slender stems topped by caps with dark gills	Swallowed (eaten, brewed as tea, or added to other foods)	I

### Possible Health Effects

<b>Short-term</b>	Hallucinations, altered perception of time, inability to tell fantasy from reality, panic, muscle relaxation or weakness, problems with movement, enlarged pupils, nausea, vomiting, drowsiness.
<b>Long-term</b>	Risk of flashbacks and memory problems.
<b>Other Health-related Issues</b>	Risk of poisoning if a poisonous mushroom is accidentally used.
<b>In Combination with Alcohol</b>	May decrease the perceived effects of alcohol.
<b>Withdrawal symptoms</b>	Unknown.

### Treatment Options

<b>Medications</b>	It is not known whether psilocybin is addictive. There are no FDA-approved medications to treat addiction to psilocybin or other hallucinogens.
<b>Behavioral Therapies</b>	More research is needed to find out if psilocybin is addictive and whether behavioral therapies can be used to treat addiction to this or other hallucinogens.

## Rohypnol® (Flunitrazepam)

A benzodiazepine chemically similar to prescription sedatives such as Valium® and Xanax®. Teens and young adults tend to abuse this drug at bars, nightclubs, concerts, and parties. It has been used to commit sexual assaults due to its ability to sedate and incapacitate unsuspecting victims.

Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule

Circles, Date Rape Drug, Forget Pill, Forget-Me Pill, La Rocha, Lunch Money, Mexican Valium, Mind Eraser, Pingus, R2, Reynolds, Rib, Roach, Roach 2, Roaches, Roachies, Roapies, Rochas Dos, Roofies, Rope, Rophies, Row-Shay, Ruffies, Trip-and-Fall, Wolfies	Flunitrazepam, Rohypnol®	Tablet	Swallowed (as a pill or as dissolved in a drink), snorted	IV Rohypnol® is not approved for medical use in the United States; it is available as a prescription sleep aid in other countries
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**Possible Health Effects**

<b>Short-term</b>	Drowsiness, sedation, sleep; amnesia, blackout; decreased anxiety; muscle relaxation, impaired reaction time and motor coordination; impaired mental functioning and judgment; confusion; aggression; excitability; slurred speech; headache; slowed breathing and heart rate.
<b>Long-term</b>	Unknown.
<b>Other Health-related Issues</b>	Unknown.
<b>In Combination with Alcohol</b>	Severe sedation, unconsciousness, and slowed heart rate and breathing, which can lead to death.
<b>Withdrawal Symptoms</b>	Headache; muscle pain; extreme anxiety, tension, restlessness, confusion, irritability; numbness and tingling of hands or feet; hallucinations, delirium, convulsions, seizures, or shock.

**Treatment Options**

<b>Medications</b>	There are no FDA-approved medications to treat addiction to Rohypnol® or other prescription sedatives.
<b>Behavioral Therapies</b>	More research is needed to find out if behavioral therapies can be used to treat addiction to Rohypnol® or other prescription sedatives.

## Salvia

A dissociative drug (*Salvia divinorum*) that is an herb in the mint family native to southern Mexico. Dissociative drugs are hallucinogens that cause the user to feel detached from reality. For more information, see the [Hallucinogens and Dissociative Drugs Research Report](#).

Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
Magic mint, Maria Pastora, Sally-D, Shepherdess's Herb, Diviner's Sage	Sold legally in most states as <i>Salvia divinorum</i>	Fresh or dried leaves	Smoked, chewed, or brewed as tea	Not Scheduled (but labeled drug of concern by DEA and illegal in some states)

### Possible Health Effects

<b>Short-term</b>	Short-lived but intense hallucinations; altered visual perception, mood, body sensations; mood swings, feelings of detachment from one's body; sweating.
<b>Long-term</b>	Unknown.
<b>Other Health-related Issues</b>	Unknown.
<b>In Combination with Alcohol</b>	Unknown.
<b>Withdrawal Symptoms</b>	Unknown.

### Treatment Options

<b>Medications</b>	It is not known whether salvia is addictive. There are no FDA-approved medications to treat addiction to salvia or other dissociative drugs.
<b>Behavioral Therapies</b>	More research is needed to find out if salvia is addictive, but behavioral therapies can be used to treat addiction to dissociative drugs.

## Steroids (Anabolic)

Man-made substances used to treat conditions caused by low levels of steroid hormones in the body and abused to enhance athletic and sexual performance and physical appearance. For more information, see the [Anabolic Steroid Abuse Research Report](#).

Street Names	Commercial Names (Common)	Common Forms	Common Ways Taken	DEA Schedule
Juice, Gym Candy, Pumpers, Roids	Nandrolone (Oxandrin®), oxandrolone (Anadrol®), oxymetholone (Winstrol®), stanozolol (Durabolin®), testosterone cypionate (Depo-testosterone®)	Tablet, capsule, liquid drops, gel, cream, patch, injectable solution	Injected, swallowed, applied to skin	III

### Possible Health Effects

<b>Short-term</b>	Headache, acne, fluid retention (especially in the hands and feet), oily skin, yellowing of the skin and whites of the eyes, infection at the injection site.
<b>Long-term</b>	Kidney damage or failure; liver damage; high blood pressure, enlarged heart, or changes in cholesterol leading to increased risk of stroke or heart attack, even in young people; aggression; extreme mood swings; anger ("roid rage"); paranoid jealousy; extreme irritability; delusions; impaired judgment.
<b>Other Health-related Issues</b>	Males: shrunken testicles, lowered sperm count, infertility, baldness, development of breasts, increased risk for prostate cancer.  Females: facial hair, male-pattern baldness, menstrual cycle changes, enlargement of the clitoris, deepened voice.  Adolescents: stunted growth.  Risk of HIV, hepatitis, and other infectious diseases from shared needles.
<b>In Combination with Alcohol</b>	Increased risk of violent behavior.
<b>Withdrawal Symptoms</b>	Mood swings; tiredness; restlessness; loss of appetite; insomnia; lowered sex drive; depression, sometimes leading to suicide attempts.

#### Treatment Options

<b>Medications</b>	Hormone therapy
<b>Behavioral Therapies</b>	More research is needed to find out if behavioral therapies can be used to treat steroid addiction.

#### Synthetic Cannabinoids

A wide variety of herbal mixtures containing man-made cannabinoid chemicals related to THC in marijuana but often much stronger and more dangerous. Sometimes misleadingly called "synthetic marijuana" and marketed as a "natural," "safe," legal alternative to marijuana. For more information, see the [Synthetic Cannabinoids DrugFacts](#).

Street Names	Commercial Names	Common Forms	Common Ways Taken	DEA Schedule
K2, Spice, Black Mamba, Bliss, Bombay Blue, Fake Weed, Fire, Genie, Moon Rocks, Skunk, Smacked, Yucatan, Zohai	No commercial uses	Dried, shredded plant material that looks like potpourri and is sometimes sold as "incense"	Smoked, swallowed (brewed as tea)	I

#### Possible Health Effects

<b>Short-term</b>	Increased heart rate; vomiting; agitation; confusion; hallucinations, anxiety, paranoia; increased blood pressure and reduced blood supply to the heart; heart attack.
<b>Long-term</b>	Unknown.
<b>Other Health-related Issues</b>	Use of synthetic cannabinoids has led to an increase in emergency room visits in certain areas.
<b>In Combination with Alcohol</b>	Unknown.
<b>Withdrawal Symptoms</b>	Headaches, anxiety, depression, irritability.

#### Treatment Options

<b>Medications</b>	There are no FDA-approved medications to treat synthetic cannabinoid addiction.
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<b>Behavioral Therapies</b>	More research is needed to find out if behavioral therapies can be used to treat synthetic cannabinoid addiction.			
<b>Synthetic Cathinones ("Bath Salts")</b>				
An emerging family of drugs containing one or more synthetic chemicals related to cathinone, a stimulant found naturally in the khat plant. Examples of such chemicals include mephedrone, methylone, and 3,4-methylenedioxypropylvalerone (MDPV). For more information, see the <a href="#">Synthetic Cathinones ("Bath Salts") DrugFacts</a> .				
<b>Street Names</b>	<b>Commercial Names</b>	<b>Common Forms</b>	<b>Common Ways Taken</b>	<b>DEA Schedule</b>
Bloom, Cloud Nine, Cosmic Blast, Flakka, Ivory Wave, Lunar Wave, Scarface, Vanilla Sky, White Lightning	No commercial uses for ingested "bath salts"	White or brown crystalline powder sold in small plastic or foil packages labeled "not for human consumption" and sometimes sold as jewelry cleaner; tablet, capsule, liquid	Swallowed, snorted, injected	I Some formulations have been banned by the DEA
<b>Possible Health Effects</b>				
<b>Short-term</b>	Increased heart rate and blood pressure; euphoria; increased sociability and sex drive; paranoia, agitation, and hallucinations; psychotic and violent behavior; nosebleeds; sweating; nausea, vomiting; insomnia; irritability; dizziness; depression; suicidal thoughts; panic attacks; reduced motor control; cloudy thinking.			
<b>Long-term</b>	Breakdown of skeletal muscle tissue; kidney failure; death.			
<b>Other Health-related Issues</b>	Risk of HIV, hepatitis, and other infectious diseases from shared needles.			
<b>In Combination with Alcohol</b>	Unknown.			
<b>Withdrawal Symptoms</b>	Depression, anxiety, problems sleeping, tremors, paranoia.			
<b>Treatment Options</b>				
<b>Medications</b>	There are no FDA-approved medications to treat addiction to synthetic cathinones.			
<b>Behavioral Therapies</b>	<ul style="list-style-type: none"> <li>• Cognitive-behavioral therapy (CBT)</li> <li>• Contingency management, or motivational incentives</li> <li>• Motivational Enhancement Therapy (MET)</li> <li>• Behavioral treatments geared to teens</li> </ul>			
<b>Tobacco</b>				
Plant grown for its leaves, which are dried and fermented before use. For more information, see the <a href="#">Tobacco/Nicotine Research Report</a> .				
<b>Street Names</b>	<b>Commercial Names</b>	<b>Common Forms</b>	<b>Common Ways Taken</b>	<b>DEA Schedule</b>
None	Multiple brand names	cigarettes, cigars, bidis, hookahs, smokeless tobacco (snuff, spit tobacco, chew)	Smoked, snorted, chewed, vaporized	Not Scheduled
<b>Possible Health Effects</b>				
<b>Short-term</b>	Increased blood pressure, breathing, and heart rate.			
<b>Long-term</b>	Greatly increased risk of cancer, especially lung cancer when smoked and oral cancers when chewed; chronic bronchitis; emphysema; heart disease; leukemia; cataracts; pneumonia.			

<b>Other Health-related Issues</b>	Pregnancy: miscarriage, low birth weight, premature delivery, stillbirth, learning and behavior problems.
<b>In Combination with Alcohol</b>	Unknown.
<b>Withdrawal Symptoms</b>	Irritability, attention and sleep problems, increased appetite.
Treatment Options	
<b>Medications</b>	<ul style="list-style-type: none"> <li>• Bupropion (Zyban®)</li> <li>• Varenicline (Chantix®)</li> <li>• Nicotine replacement (gum, patch, lozenge)</li> </ul>
<b>Behavioral Therapies</b>	<ul style="list-style-type: none"> <li>• Cognitive-behavioral therapy (CBT)</li> <li>• Self-help materials</li> <li>• Mail, phone, and Internet quit resources</li> </ul>

**State of Florida Penalties for Illegal Drug Possession or Distribution:** Felony of the 2nd degree punishable by prison term not to exceed 15 years, and/or fine not to exceed \$10,000. Felony of the 3rd degree punishable by a prison term not to exceed 5 years, and/or fine not to exceed \$5,000. Misdemeanor of the 1st degree punishable by a prison term not to exceed 1 year, and/or fine not to exceed \$1,000.

**RESOURCES: COUNSELING, TREATMENT AND REHABILITATION**

**Note: This list is not an exhaustive list of community resources. Rollins College does not endorse one program over another. The resources indicated represent past successful referrals for treatment from Rollins College. Fee structures vary.**

**For Rollins College Employees:**

You may contact the Human Resource Department and/or the EAP to assist you in your needs. All services are confidential.

Employee Assistance Program  
 Aetna Behavioral Health  
 1-877-398-5816  
<https://www.resourcesforliving.com>

Human Resource Department  
 Rollins College  
 (407) 646-2102 or (407) 646-2003

**For Rollins College Students:**

**Wellness Center**

407-628-6340  
<http://www.rollins.edu/wellness-center/>  
 118 West Fairbanks  
 Winter Park, FL 32789

The Rollins Wellness Center strives to provide a holistic approach in an effort to protect, preserve and promote the health and wellbeing of all Rollins students. The Wellness Center offers a variety of counseling and health services for students, including services that focus on substance abuse, dependence and recovery. Individual

and group counseling for students with substance abuse concerns. Consultation with any student, staff, or faculty member concerned about a student's substance abuse use. The Rollins Wellness Center offers various individual and group treatment including alcohol education, BASICS (Brief Alcohol Screening and Intervention for College Students), CASICS (Cannabis Screening and Intervention for College Students), MIHR (Motivational Interviewing and Harm Reduction). Please contact the Wellness Center for additional information and scheduling.

## **Substance Abuse Community Resources**

*Be sure to check whether your health insurance covers any treatment*

### **A Stepping Stone to Success -**

407-718-8850

<http://asteptosuccess.vpweb.com/>

174 W. Comstock Avenue #203

Winter Park, FL 32789

Provides Individual, couples, family counseling and education; and Sober Living House.

### **Advance Recovery Systems**

855.804.0122

<https://www.advancedrecovery.com>

Provides assistance to people with substance abuse issues, addictions, eating disorders, and mental health concerns.

### **Aspire Health Partners**

407-875-3700

<https://aspirehealthpartners.com/>

Community Based comprehensive alcohol and drug prevention, intervention and treatment program offering detoxification, residential and outpatient services in Central Florida.

### **The Grove Counseling Center**

407-327-1765

<http://www.thegrove.org/>

111 West Magnolia Avenue

Longwood, FL 32750

Community based, comprehensive alcohol and drug prevention, intervention and treatment program.

### **Turning Point**

407-422-4357

<http://www.turningpointcfl.org/>

2256 Winter Woods Blvd.

Winter Park , Florida 32792-1955

## **211**

Provides treatment services to individuals and families who are affected by mental health & substance abuse disorders.

<http://www.211.org/>

Provides free confidential local resources

## **Support Groups**

*There are no fees or dues for these groups, which meet anonymously.*

### **Alcoholic anonymous**

407-260-5408

[www.aa.org](http://www.aa.org)

<http://cflintergroup.org/>

### **Narcotics Anonymous**

407-425-5157

[www.na.org](http://www.na.org)

<http://orlandona.org/>

### **Alanon/Alateen**

1-888-425-2666

<http://www.al-anon.org/>

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