



Emergency Assistance:
1-800-525-5555 or Cellular *55

Road Conditions:
1-888-275-6636

Sex Offender Registry:
1-888-SOR-MSHP
(1-888-767-6747)

Produced by:
Public Information and Education Division

Printed by:
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An Internationally Accredited Agency

It's Time To Have a Conversation About

DUI/DWI's

Education

Prevention

Enforcement

Treatment

Education

Prevention

Enforcement

Treatment

A Step In The Right Direction ...

BE PART OF THE SOLUTION!

Americans — both youth and adults — repeatedly have named drug abuse as one of their major concerns. Educating ourselves and our children about drug use and drug dealers is the best approach to addressing these concerns.

The purpose of this booklet is to provide youth and adults alike the information they need to identify and report drug use in the workplace, schools, and home. By having a better understanding of what drugs are available, how they are used, and what they look like, we become more aware of the problem and become part of the solution.

The Missouri State Highway Patrol takes Missouri's drug problem seriously. We do everything within our means to curb the misuse of legal drugs and to remove illicit drugs from Missouri communities, but we need your help. The drug problem cannot be solved by law enforcement alone. By working together, through prevention efforts, education, enforcement, and encouraging the use of available treatment options, we can work toward a solution.

Today, one major concern regarding the use of illegal drugs is the lack of consistency. Inconsistency of street drugs can affect the strength or potency of the substance. The days of identifying cocaine, heroin, meth, etc. being a simple process are behind us. Dealers often “cut” their drugs with a variety of different substances. This means that drug dealers will add other drugs or non-intoxicating substances to the drug to increase their yield and profit margin. (This practice is so widespread that it's expected that no heroin found on the streets is pure. According to the John Hopkins University, heroin can be anywhere between 3-99 percent pure, making the effects of any batch highly unpredictable.)

It's easy to hide the added substances because they have a similar appearance and texture to the drug being “cut,” allowing the dealer to pass it off as pure. These added, unknown substances make the drugs even more dangerous and increase the risk of an allergic reaction, overdose, and death.

It will require collaboration between public health and public safety officials to find a solution to today's drug abuse issues. The troopers with the Missouri State Highway Patrol are hopeful the combination of prevention, education, enforcement, and treatment will raise awareness about the risks of misusing and abusing drugs of any kind. Troopers want to play a critical role of empowering people to make safer choices and in turn prevent overdose deaths.



MO-HOPE Project

Together We Can Save Lives

FOR INFORMATION ABOUT TREATMENT OR OTHER RESOURCES:

MO-HOPE
MOHopeProject.org

SAMHSA HELPLINE (24/7)
800-662-HELP (4357)

MISSOURI DEPT. OF MENTAL HEALTH
800-575-7480
dmh.mo.gov

UNITED WAY
Dial 2-1-1

Or Contact Your County's Mental Health Crisis Hotline

CommCare Hotline
888-279-8188

Andrew, Atchison, Buchanan, Caldwell, Clay, Clinton, Daviess, DeKalb, Gentry, Grundy, Harrison, Holt, Jackson, Linn, Livingston, Mercer, Nodaway, Platte, Putnam, Ray, Sullivan, Worth

Burrell Behavioral Health
800-395-2132

Boone, Carroll, Chariton, Cooper, Howard, Moniteau, Morgan, Pettis, Randolph, Saline

Compass Health Hotline
800-833-3915

Bates, Benton, Camden, Cass, Cedar, Cole, Crawford, Dent, Gasconade, Henry, Hickory, Johnson, Laclede, Lafayette, Maries, Miller, Osage, Phelps, Pulaski, St. Clair, Vernon

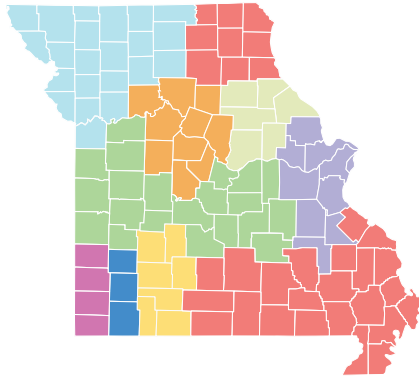
Ozark Hotline – 800-247-0661

Barton, Jasper, McDonald, Newton

Clark Center Hotline
800-801-4405

Barry, Dade, Lawrence

Burrell System – 800-494-7355
Christian, Dallas, Greene, Polk, Stone, Taney, Webster



MOCARS Hotline
800-356-5395

Adair, Bollinger, Butler, Cape Girardeau, Carter, Clark, Douglas, Dunklin, Howell, Knox, Lewis, Macon, Madison, Marion, Mississippi, New Madrid, Oregon, Ozark, Pemiscot, Perry, Reynolds, Ripley, Schuyler, Scotland, Scott, Shannon, Shelby, Ste. Genevieve, Stoddard, Texas, Wayne, Wright

Behavioral Health Response Hotline – 800-811-4760

Franklin, Iron, Jefferson, Lincoln, St. Charles, St. Francois, St. Louis City, St. Louis County, Warren, Washington

Arthur Center Hotline
800-833-2064

Audrain, Callaway, Monroe, Montgomery, Pike, Ralls

Legal Drugs

Alcohol

The No. 1 abused drug in the United States is legal for most Americans — it's alcohol.

There are an estimated 17.6 million Americans who are alcoholics; 3.5 million of those are teenagers. Despite a legal drinking age of 21 in all 50 states, nine out of 10 teenagers will experiment with alcohol by the time they graduate from high school.

Many people think alcohol is a stimulant and gives them a great high. In fact, alcohol is a depressant. It slows brain function, information processing, and judgment, temporarily lowering inhibitions and relieving anxieties. This can lead the drinker to attempt dangerous behavior of which they ordinarily would be wary.

Alcohol use also impairs reaction time, reflexes, coordination, and vision. People under the influence of alcohol, even small amounts, should never drive. The drunk driver can be the social drinker as well as the chronic alcohol abuser. Those who drink and drive run the increased risk of being in a traffic crash. Each year, approximately 25 percent of all Missouri fatal traffic crashes involve alcohol.

It's important to note that boat operators are also affected by alcohol. Drinking alcohol irresponsibly on the water puts one at greater risk of being involved in a boating crash or becoming a drowning victim. Alcohol affects people even more on the water than on land due to boating stressors. The movement of the boat, vibration and noise from the boat's motor, sun, and wind are all boating stressors and enhance the effect of alcohol on the human body. Never operate a vessel after consuming alcohol, designate a sober captain.

Chronic use of alcohol leads to dependence. Sudden cessation of alcohol intake is likely to produce withdrawal symptoms including severe anxiety, tremors, hallucinations, and convulsions, and can be life-threatening. Chronic alcohol use can cause permanent brain damage and increase chances of developing cancer of the esophagus and hypertension, which leads to heart disease, and can permanently damage the liver and pancreas.

Tobacco

Tobacco kills nearly 480,000 Americans each year. Smokers are more likely than nonsmokers to contract heart disease. Lung, larynx, esophageal, bladder, pancreatic, and kidney cancers also strike smokers at increased rates.

The earlier people start smoking, the harder it is to quit. People who start smoking in their teenage years run the risk of becoming lifelong smokers. Forty percent of American youth, ages 12-17 have experimented with tobacco. Smoking in early adolescence is a strong predictor of more dangerous behavior in late adolescence. Cigarettes have been called a “gateway drug.” In many cases, smoking precedes use of illicit drugs.

Cigarette smoke contains some 4,000 chemicals, several of which are known carcinogens. Perhaps the most dangerous substance in tobacco is nicotine. Nicotine is the substance that reinforces and strengthens the desire to smoke. Because nicotine is highly addictive, smokers find it very difficult to stop smoking.

Because of the negative publicity aimed at smoking, many people, especially teenagers, have turned to smokeless tobacco (snuff and chewing tobacco). It has been proven, however, that smokeless tobacco can be even more addictive than cigarettes. Smokeless tobacco users may suffer receding gums, loosened teeth, elevated blood pressure, and stomach problems. They have 50 times the normal risk of developing oral cancer.

Electronic cigarettes, also referred to as E-cigs, provide flavorings, which have become popular additives to tobacco products, making them more appealing to youth. These flavored nicotine products are often in liquid form when used in electronic cigarettes.



Anabolic Steroids

Anabolic steroids are a group of powerful compounds closely related to the male sex hormone testosterone. Their medical use is limited to treatment of certain kinds of anemia, severe burns, and some types of breast cancer. Steroid users risk impotence and possible sterility.

Most people, however, associate the use of anabolic steroids with athletes seeking to increase their body weight and muscular strength. While the use of anabolic steroids in conjunction with a program of muscle-building exercise and diet will accelerate physical development, these seemingly positive effects do not last once athletes cease taking the drug. The side effects of anabolic steroids can cause physical and psychological damage to the user.

Steroid users subject themselves to more than 70 side effects ranging in severity from liver cancer to severe acne. In males, use can cause withered testicles, sterility, and impotence. In females, irreversible masculine traits can develop along with breast reduction and sterility. Steroid users also may experience aggressive behavior known as “roid rage” and depression. While some side effects appear quickly, others—such as, cancer, heart attacks, and strokes—may not show up for years.

Steroids are produced in tablet or capsule form for oral ingestion, or as a liquid for intramuscular injection.

Signs of Possible Anabolic Steroid Use:

- Quick weight gain
- Bigger appetite
- Difficulty sleeping
- More intensive workouts
- Severe mood swings
- Acne
- Puffy appearance
- Fluid retention
- Sudden increase in strength

Illegal Drugs

Inhalants

Inhalants include products that are used every day and found in the home, office, factory, or garage; such as, solvents, thinners, paints, hair sprays, liquid typing eraser, compressed air “dusters,” glass chillers, glue, gasoline, etc. Inhaling chemicals provides a fast, potent way to obtain a “high” depending on the substance, person, and quantity inhaled. Similar to anesthetics, inhalants slow down the body and brain function. They can lead to addiction; as tolerance develops, a user must “sniff” or “huff” more often and increase the strength of the products inhaled. Inhalants also can lead to instant death through suffocation or heart failure. Immediate negative effects of inhalants include nausea, sneezing, coughing, nosebleeds, fatigue, lack of coordination, and loss of appetite. Repeated sniffing or huffing of concentrated vapors over time can permanently damage the central nervous system.

Type	What is it called?	What does it look like?	How is it used?
Nitrous Oxide	Laughing Gas, Whippets, Huffing	Propellant for whipped cream in aerosol spray can, small 8-gram metal cylinder with balloon or pipe (Buzz Bomb)	Vapors
Amyl Nitrate	Poppers, Snappers	Clear Yellowish Liquid	Vapors
Butyl Nitrate	Rush, Bolt, Bullet, Locker Room, Climax	Packaged In Small Bottles	Vapors
Chlorohydrocarbons	Aerosol Sprays	Aerosol Paint Cans, Cleaning Fluid	Vapors
Hydrocarbons	Solvents		Vapors
Difluoroethane, Trifluoroethane, Tetrafluoroethane	Computer Air Duster, Huffing	Aerosol can of compressed air	Vapors

Depressants

As mentioned earlier in this brochure, alcohol is a depressant. Many misused prescription medications are also in this category. The effects of depressants are in many ways similar to the effects of alcohol. Small amounts can produce calmness and relaxed muscles, but larger doses can cause slurred speech, staggering gait, and altered perception. Very large doses can cause respiratory depression, coma, and death. The combination of depressants and alcohol can multiply the effect of the drugs, increasing the risks. Never drive or operate a vessel while under the influence of depressants or any drug.

Depressants are usually prescribed by a physician to relieve anxiety, irritability, stress, and tension, and for the symptomatic treatment of insomnia. Tolerance for depressants develops quickly, requiring higher doses. Once addicted, abrupt cessation or severe reduction of high dose depressant intake can cause anxiety, insomnia, tremors, delirium, convulsions, and death, and should be regulated by a physician.

Type	What is it called?	What does it look like?	How is it used?
Barbiturates	Downers, Barbs, Blue Devils, Red Devils, Yellow Jacket, Yellows, Nembutal, Seconal, Amytal,	Red, yellow, blue, or red and blue capsules	Orally
Methaqualone	Quaaludes, Ludes, Sopors	Tablets	Orally
Tranquilizers	Valium, Librium, Equanil, Miltown, Serax, Tranxene	Tablets, Capsules	Orally

Cannabis

A drug that has become more commonly used by both young people and adults is marijuana. Several states have legalized the recreational use of marijuana in limited quantities. However, this dangerous drug remains a Schedule 1 controlled substance according to federal and Missouri state laws. Marijuana is also called cannabis.

Smoking marijuana can leave the user with a feeling of euphoria, altered sense of time, and distorted perceptions. Or, the response can be totally opposite, with the user experiencing paranoia, anxiety attacks, and panic. The effects are usually immediate and can last from one to three hours. However, because the drug is fat soluble, it settles in the body tissue and can remain in the body for as long as four to six weeks.

Because marijuana use affects concentration, coordination, and sense of time, users become even more dangerous when they get behind the wheel of a vehicle or operate a vessel. Never drive when under the influence of drugs.

Marijuana smoke contains more cancer-causing agents than tobacco smoke and has been found to be 20 times more carcinogenic than tobacco. Marijuana damages the lungs and pulmonary system. Long-term users of marijuana may develop psychological dependence and require more of the drug to get the same effect. Marijuana users also risk becoming impotent.

Smoking is still the most popular form of using marijuana, but using marijuana infused products called “edibles,” has grown in popularity. These products can be found in “gummy” style candy, granola bars, energy drinks, cough drops, trail mix, pretzels, popcorn, chocolate candy and candy bars, salted caramels, sour candies, cookies, etc. These marijuana infused products resemble their nonmarijuana retail counterparts—both when packaged or loose. They are especially dangerous for young people who may not recognize the difference.

Continued on next page.

Hallucinogens

Phencyclidine (PCP) interrupts the functions in the section of the brain that controls the intellect and keeps instincts in check. Users report a sense of distance and estrangement. Time and body movement are slowed and the senses are dulled. Because the drug blocks pain receptors, violent PCP episodes may result in self-inflicted injuries. Chronic users suffer persistent memory problems, speech difficulties, paranoid and violent behavior, and hallucination. Large doses may produce convulsions and coma, as well as heart and lung failure.

Lysergic acid (LSD), mescaline, and psilocybin cause illusions and hallucinations. Sensations and feelings may change rapidly. Users sometimes experience bad psychological reactions, such as panic, confusion, suspicion, anxiety, and loss of control. Delayed effects, or flashbacks, can occur even after use has ceased.

All natural and synthetic hallucinogens are illegal with the exception of peyote when used by Native Americans in religious ceremonies.

Type	What is it called?	What does it look like?	How is it used?
Phencyclidine	PCP, Angel Dust, Loveboat, Lovely, Hog, Killer Weed	Liquid capsules, Pills, White crystalline powder	Orally, Injected, Smoked, Sprayed on cigarettes and marijuana
Lysergic Acid Diethylamide	LSD, Liquid, Window Pane, Acid, Blue Heaven, Sugar Cubes, Microdot,	Brightly colored tablets, impregnated blotter paper, thin squares of gelatin, clear liquid, brown discs	Orally, Licked off paper, Gelatin, and Liquid can be put in eyes
Mescaline & Peyote	Mesc, Buttons, Cactus	Tablets, Capsules	Discs chewed, Swallowed, Smoked, Tablets, Capsules
Psilocybin	Magic Mushrooms, Shrooms	Fresh or dried mushrooms	Chewed and Swallowed
Synthetic Cannabinoid	K2, K3, K4, Spice, Fake Weed, Legal Weed, Aroma Therapy, Incense, Potpourri	Plant material, Powder, Liquid	Sprayed onto plant material and smoked
Synthetic Stimulants	Bath Salts, Molly, Drone, Methedrone, Methylone, MDPV	Granular Powder	Inhaled through nasal passages or smoked

Opioids (Narcotics)

The poppy is the main source of natural narcotics. Narcotics initially produce a temporary feeling of euphoria and well-being often followed by drowsiness, nausea, and vomiting. An overdose may produce slow and shallow breathing, clammy skin, convulsions, coma, and possible death. Tolerance to narcotics develops rapidly and dependence is likely. Because the drug quickly becomes the center of a user's life, addicts often neglect themselves and suffer from malnutrition, infection, and unattended injuries or diseases. The use of contaminated syringes may result in diseases such as AIDS, endocarditis, and hepatitis. Withdrawal symptoms can be very painful and last for several days.

Synthetic opioids have become more prevalent. Familiar names include fentanyl and carfentanil. The opioids class of drug encompasses both prescription opioids and illicit opioids, including pain pills and heroin. The current opioid crisis in the U.S. and Missouri contributes to thousands of drug overdose deaths, involving prescription opioid pain relievers and illicit opioids. This epidemic affects all races, all socio-economic levels: It can be your neighbor or co-worker, any family member, or your closest friend. One in three Missouri families have been affected by the opioid crisis. Currently, approximately four people die from an opioid overdose in Missouri each day. The most commonly misused narcotics are prescription opioids.

Four out of five heroin users misused prescription painkillers first. They eventually changed to heroin, because it meets their same addiction needs (to avoid withdrawal symptoms) and is much cheaper and is more accessible.

Type	What is it called?	What does it look like?	How is it used?
Heroin	Smack, Horse, Brown Sugar, Junk, Mud, Big H, "H", Dope, Boy, Black Tar	White to dark brown powder or tarlike substance	Injected, Smoked, Inhaled through the nasal passage
Methadone	Dolophine, Methadose, Amidone	Solution	Orally, Injected
Codeine	Empirin compound with Codeine, Tylenol with Codeine	Dark liquid varying in thickness, Tablets, Capsules, Cough medicine	Orally, Injected
Morphine	Pectoral syrup	White Crystals, Hypodermic Tablets, Injectable solution	Orally, Injected
Meperidine	Pethidine, Demerol, Mepergan	White Powder, Tablets, Solution	Orally, Injected
Opium	Paregoric, Dover's Powder, Parepectolin Perocet, Percodan	Dark Brown Chunks, Powder	Smoked, Eaten
Other Narcotics	Tussionex, Fentanyl, Darvon, Talwin, Lomotil	Tablets, Capsules, Liquid	Orally, Injected

Cannabis *continued*

Psychiatric hospital visits are more common after people consumed marijuana edibles, compared to smoking or inhaling cannabis products. At the University of Colorado Hospital from 2012 to 2016, nearly 10,000 people were treated after consuming marijuana edibles. In Colorado and other states, people eating marijuana candies or food have been shown to be more likely to show up at the emergency room with severe panic attacks or other sudden mental disorders. People who consume marijuana edibles don't feel an immediate high, which can lead them to ingest even more of the substance and result in their being hospitalized. However, inhaled marijuana has caused higher rate of hospitalization, mostly due to cannabinoid hyperemesis syndrome (severe vomiting condition associated with heavy cannabis use).

Note: By definition, a Schedule 1 controlled substance has a high potential for abuse and has no accepted medical use.

Type	What is it called?	What does it look like?	How is it used?
Marijuana	Pot, Weed, Reefer, , Mary Jane, Ganja, Joint, Roach, Tree, Reggie, Vitamins, Gas	Dried parsley mixed with stems that may include seeds	Eaten, Smoked
Tetrahydrocannabinol	THC	Soft gelatin capsules, brown or black	Orally
Hashish	Hash	Cakes or balls, concentrated, syrupy	Eaten, Smoked
Hashish Oil	Hashish Oil, Wax, Ear Wax, Dabs, Dabbing	Hash Oil, Gold or Brown Wax	Smoked

Stimulants

Some stimulants are controlled substances available by prescription for medical purposes. However, they can be produced illegally in clandestine laboratories for distribution. Stimulants increase heart and respiratory rates, elevate blood pressure, dilate pupils, and decrease appetite. They give a temporary sense of exhilaration and excess energy, but they also can cause irritability, anxiety, and apprehension. Elevated blood pressure caused from use of stimulants can cause heart attacks and strokes. Users also may experience severe hallucinations, such as having imaginary insects coming from under their skin or voices coming from nowhere. These types of hallucinations have led to people injuring themselves when trying to remove the nonexistent insects or when reacting to the imagined voices.

Nicotine and caffeine also are two prevalent legal stimulants.

Methamphetamine

Methamphetamine, a highly addictive synthetic substance, is one of the most potent of all stimulants. Meth smoking surpasses crack in duration, intensity of effects, and degree of harm.

Type	What is it called?	What does it look like?	How is it used?
Amphetamines	Speed, Uppers, Ups, Pep Pills, Copilots, Bumblebees, Hearts, Benzedrine, Dexedrine, Footballs, Biphphetamine	Pills, Capsules, Tablets	Orally, Injected, Inhaled through nasal passage
Methamphetamines	Crank, Crystal Meth, Speed, Dope, Meth	White Powder, Pills, Rock that resembles a block of paraffin	Orally, Injected
Additional Stimulants	Adderall, Ritalin, Cylert, Preludin, Didrex, Pre-State, Voranil, Tenuate, Tepanil, Pondimin, Sandrex, Plegine, Ionamin	Pills, Capsules, Tablets	Orally, Injected

Cocaine

Extracted from the leaf of the coca plant, cocaine has been rated as the most potent stimulant of natural origin. Its immediate effects on the central nervous system include dilated pupils and elevated blood pressure, heart rate, respiratory rate, and body temperature. Cocaine users experience a state of euphoria followed by sadness and depression. The more intense the high, the more devastating the low. This cycle of extreme highs and lows creates a craving for the drug, increasing the risk of dependency.

Effects of cocaine use include perpetually runny nose and inflamed sinuses, chronic sore throat and hoarseness, impaired vision, headaches, vomiting, distorted thinking, aggressive behavior, lung damage and respiratory problems, intense anxiety, and possible allergic reaction (including death) from substances used to “cut” the drug. (See inside back cover of this booklet.) An overdose of cocaine can cause sudden death by cardiac arrest or respiratory failure.

Preparation of freebase, which involves the use of volatile solvents, can result in death or injury from fire or explosion. Crack is a more dangerous form of cocaine with the same but more intense effects. Not only is crack more potent, it is much cheaper than regular cocaine, making it even more accessible to young people.

Injecting cocaine or meth with contaminated needles can spread AIDS, hepatitis, and other diseases.

Type	What is it called?	What does it look like?	How is it used?
Cocaine	Coke, Snow, Flake, White, Blow, Big C, Nose Candy, Lady, Girl, Soft	White crystalline powder, often diluted with other ingredients	Inhaled through the nasal passages
Crack	Freebase Rocks, Rock, Work, Hard	Light brown or beige pellets, or crystalline rocks that resemble coagulated soap, often packaged in small vials	Smoked, Injected