To learn more about Rosecrance and view our facilities, visit **rosecrance.org**

For more information, call **815.391.1000** or **888.928.5278**

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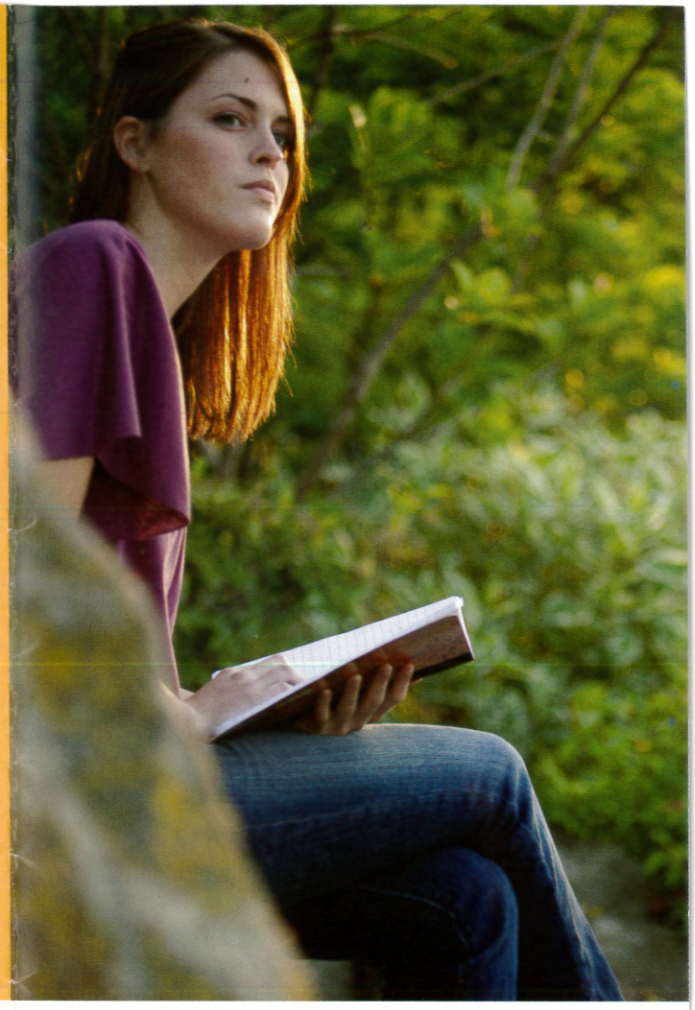

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National Association of Addiction Treatment Providers

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United Methodist Affiliated Agency

United Way

Pictures of individuals in this brochure are for illustration purposes only. These pictures portray models and are not pictures of actual clients of Rosecrance. No inference should be made, or is implied, that the pictures used here are of individuals connected in any way to Rosecrance or to its affiliates or programs.

03/12

Rosecrance Substance Abuse Treatment Centers

Offering the best opportunity for lasting recovery

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Harrison Campus (Adult treatment)

Griffin Williamson Campus (Adolescent treatment)

Hillman House (Recovery home for boys)

Marlowe House (Recovery home for girls)

Quality treatment changes lives.

We are dedicated to providing quality, evidence-based addiction treatment in an environment that fosters lasting recovery. Our programs are family centered and focus on helping patients and their loved ones develop the tools needed to rebuild their lives and reclaim what has been lost.

Why Rosecrance?

Rosecrance offers the best opportunity for lasting recovery. Our practical, honest approach to addiction treatment prepares patients and families for life beyond treatment. Our professional staff offers the support and tools needed to begin the journey.

Adolescent Treatment

Located on 50 scenic acres, the Griffin Williamson Campus is an 84-bed treatment center for adolescents ages 12-18. This beautiful facility features an onsite school, a gymnasium and fitness center and a healing garden.

Program includes:

- Initial biopsychosocial assessments
- Residential inpatient treatment
- Outpatient treatment
- Partial hospitalization
- Gender-specific counseling
- Onsite school
- Integrated experiential therapies
- Extensive family programs
- Recovery Lifeline and alumni programs

Adolescent Recovery Homes

Hillman House and Marlowe House are long-term residential recovery programs for adolescents ages 14-18 who have completed a primary treatment program.

These programs develop independent living skills and provide ongoing support, safety and counseling in a drug-free, home-like environment with 24-hour supervision.

Program includes:

- Individual and group counseling
- Family education and counseling
- 12 Step meetings
- Secondary/higher education opportunities
- Relapse prevention, interpersonal and independent living skills building
- Discharge planning for successful reintegration into family and community

Adult Treatment

Harrison Campus is designed to provide a therapeutic milieu conducive to recovery. The 73-bed adult treatment center includes open living and recreational space and a fitness center.

Program includes:

- Initial biopsychosocial assessments
- Inpatient and outpatient treatment
- Partial hospitalization
- Suboxone treatment
- Dual-diagnosis treatment
- Gender-specific programming
- Young adult program for men
- Special outpatient programs for women with children
- Continuing care
- Family and alumni programs
- Occupationally sensitive treatment services (Belvidere location)
- Priority admission for U.S. veterans with co-occuring disorders

Greendale House

Greendale House is a 10-unit apartment complex offering a transitional living recovery program for young men, women and mothers with their children. Residents focus on the development of essential skills necessary to maintain lasting recovery. Qualified professionals provide 24-hour supervision in a drug-free setting.

Program includes:

- Outpatient counseling
- 12 Step meetings
- Life skills training
- Relapse prevention
- Recreational activities
- Discharge planning

The Health Center

The Health Center, located at the Harrison Campus, consolidates medical services under one division. It is the access point to detoxification services on a 24/7 basis. Physicians, nurses, health specialists, unit technicians and clinical counselors work together with the patient to ensure that physical and medical needs are met while exploring treatment options.

Services include:

- A 24-bed medically monitored detoxification unit
- Patient Access Counselors (PAC) who assess every individual and provide discharge planning and referrals
- A therapeutic environment to withdraw from the drug(s) and prepare for the next treatment step
- Medically Assisted Recovery Clinic (MARC) that offers an alternative evidence-based treatment method for opiate-addicted individuals through the controlled use of Suboxone

Family Support

Our family programs are designed to provide answers to questions—not only how to cope with a loved one's addiction, but how the experience has affected the whole family.

Program includes:

- Support groups and individual sessions
- Family education weekends
- Discharge planning

Satellite Offices

To better serve our Chicago-area clients, Rosecrance has outreach offices located in Frankfort, Geneva, Lincoln Park, Naperville, Northfield and Oak Park.

Services include:

- Free confidential drug/alcohol evaluations
- Drug screenings
- Early intervention services
- Prevention education
- Trainings for professionals
- Assistance to families who need help finding resources
- Psychiatric services (Lincoln Park)
- Adolescent Intensive Outpatient Program (Frankfort)

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BSTANCE ABUSE
dult Signs & Symptoms

ysical/Emotional

Displays persistent feelings of sadness, anger
nd guilt
Rationalizes drinking
Neglects eating/malnourished
Shows signs of physical deterioration
Develops an increased tolerance to substances
Experiences blackouts

mily/Home

Avoids family/friends
Devalues personal relationships
Experiences general family chaos
Fails to keep promises and resolutions
Avoids discussion about usage of drugs/alcohol

nployment

Misses excessive time from work and
ommitments
Develops work and money problems
Drinks/uses drugs at work
Quits or loses job
oses ambition and is unable to cope with
esponsibility

havioral

Changes personal habits such as sleeping, eating
nd hygiene
ecomes more passive, withdrawn or irritable
xhibits grandiose and aggressive behavior
hreatens/attempts to commit suicide
Drives under the influence

Rosecrance offers the best opportunity

Social

- Changes friends/social groups
- Uses to feel comfortable in social situations
- Experiences disapproval of drinking/using from others
- Preoccupied with using alcohol and/or other drugs
- Increased social isolation
- Loss of outside interests
- Loss of relationships

Financial

- Limited income
- Financial ruin
- Loss of possessions
- Extensive credit card debts

Legal

- Alcohol or other drug-related charges/arrests
- Legal problems associated with drug use
- Probation or parole involvement

If you are concerned about a change in a person close to you, it is important to know that these signs and symptoms need not occur all at the same time, in any certain order or with any great frequency for you to take action on your concern.

CALL

815.391.1000 or
888.9 AT LAST
(888.928.5278)

Free Assessments

- Insurance/Medicaid approved
- Accredited by The Joint Commission
- Licensed and partially funded by the Illinois Department of Human Services/Division of Alcoholism and Substance Abuse

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Harrison Campus
3815 Harrison Avenue
Rockford, Illinois 61108

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SUBSTANCE ABUSE

Adolescent Signs & Symptoms

Physical/Emotional

- Unexplained extreme mood swings
- Tired with noticeable change in sleep patterns
- Dilated pupils and bloodshot eyes
- Loss of appetite, yet periods of binge eating
- Changes in dress or appearance
- Threatens/attempts to commit suicide
- Uncharacteristic nosebleeds or unexplained burns

Family/Home

- Ignores curfews and other house rules
- Withdraws from family activities
- Isolates from family members and is rarely home
- Collects alcohol and other drug paraphernalia
- Tells lies or gives unrealistic explanations to parents
- Uses air fresheners or breath mints to cover scents

School

- Misses excessive time from school
- Fails to turn in assignments
- Sleeps in class
- Exhibits persistent behavioral problems
- Reduced grades
- Increased tardiness
- Reduced interest in extracurricular activities

Social

- Changes in friends, including secret calls and visits
- Avoids contact with concerned persons
- Loses interest in hobbies/activities
- Becomes secretive and defensive regarding actions
- Reluctant to introduce new friends

Rosecrance offers the best opportunity

Financial

- Steals money or objects from family and friends
- Develops unexplained shortages of money
- Loss of possessions
- Increased amounts of alcohol missing in home
- Expresses increasing concern over needing money
- No tangible evidence of how money is spent such as clothes, music or other items
- Excess money beyond explanation may mean teen is dealing drugs

Legal

- Runs away from home
- Increased involvement with police, such as having parties/social functions broken up by the police
- Arrested for alcohol or other drug related charges

If you are concerned about a change in a young person close to you, it is important to know that these signs and symptoms may not occur at the same time, in any certain order or with any great frequency for you to take action.

Adolescent substance abuse is not a hopeless situation. The best way for a parent or loved one to be an ally for the adolescent is to stay informed.

CALL

815.391.1000 or
888.928.5278

Free Assessments

Insurance/Medicaid approved
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Griffin Williamson Campus
1601 University Drive
Rockford, Illinois 61107

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CHICAGOLAND

Satellite Offices

Rosecrance, a private, not-for-profit organization, offers a full continuum of substance abuse prevention, early intervention and treatment services under the guidance of our quality, caring staff of professionals. Our programs provide evidence-based addiction counseling in an environment that fosters lasting recovery. Rosecrance currently has six convenient Chicagoland locations offering free, confidential consultations.

Satellite offices provide the following:

- Free confidential drug and alcohol evaluations
- Early intervention services
- Assistance to families who need help finding resources
- Prevention resources and presentations for parents and students
- Substance abuse awareness training and education for professionals, community organizations and parents
- Urine drug screens offered at an additional cost

Contact information

Available by appointment only.

- **Frankfort Office** - 20635 Abbey Woods Ct. N., Suite 310, Frankfort, IL 60423
- **Geneva Office** - 227 N. Fourth Street, Geneva, IL 60134
- **Lincoln Park Office** - 2835 North Sheffield Avenue, Suite 217, Chicago, IL 60657
- **Naperville Office** - 608 S. Washington Street, Suite 211, Naperville, IL 60540
- **Northfield Office** - 400 Central Avenue, Suite 200, Northfield, IL 60093
- **Oak Park Township Office*** - 105 South Oak Park Avenue, Oak Park, IL 60302

** In collaboration with Oak Park Township*

For more information or to make a referral,
please contact us at: 815.387.5615
or swalters@rosecrance.org

Frankfort Office

Geneva Office

Lincoln Park Office

Naperville Office

Northfield Office

Oak Park Township Office

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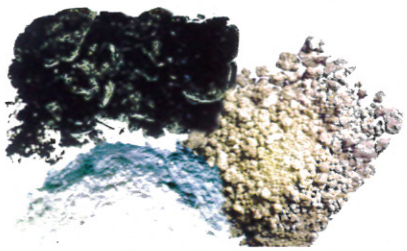
DRUG FACT SHEET

Heroin

Heroin overdose is a particular risk because the amount and purity of the drug cannot be accurately known.

Class of drug:	Narcotic/Opiate
Main active ingredient:	Morphine, which is processed and extracted from the seed pod of certain poppy plants
What it looks like:	Powder (white to dark brown), tar-like substance
Street names:	Smack, Horse, Brown Sugar, Junk, Mud, Big H, Black Tar, White Boy
How it is used:	Injected, inhaled or smoked
Duration of high:	Euphoria sets in within seven seconds (intravenous injection), two to five minutes (intramuscular injection) or 10 to 15 minutes (sniffed or smoked). The high lasts from 10 to 30 minutes. Euphoria is followed by lethargy, sleepiness and apathy.
Withdrawal symptoms:	Restlessness, yawning, muscle and bone pain, cold flashes with goose bumps, diarrhea, vomiting and insomnia. Major withdrawal symptoms peak between 24 to 48 hours after the last dose and subside after a week. Heroin withdrawal is never fatal in otherwise healthy adults.
Detected in the body:	One to three days
Effects:	**Immediate**—a rush, accompanied by a warm flushing of the skin, dry mouth and heavy feeling in the extremities, slowed breathing, slowed cardiac function, suppression of pain, clouded mental functioning **Long-term**—contaminated injection equipment may transmit diseases such as HIV and hepatitis, collapsed veins, infection of heart lining and valves, tuberculosis



Clockwise from top: Black tar heroin, brown powdered heroin and white powdered heroin

Illinois information

With Chicago's status as one of the nation's heroin capitals and a distribution point for cities across the U.S., the heroin sold in the collar counties is often purer, more addictive and dangerous than drugs sold elsewhere. In the first four months of 2009 more than 100 people in the Chicago-area died of heroin-related overdoses. The majority of them lived in the suburbs.

(Chicago Tribune, 2009)

Sources: American Medical Association, National Institute on Drug Abuse, Drug Abuse Warning Network, National Drug Intelligence Center, U.S. Drug Enforcement Administration

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DRUG FACT SHEET

Marijuana

Marijuana is the most widely available and used illegal drug in the U.S.

Class of drug:	Cannabis
Main active ingredient:	THC (delta-9-tetrahydrocannabinol), which causes the mind-altering effects
What it looks like:	Greenish-gray mixture of dried, shredded leaves, stems, seeds and flowers of Cannabis sativa, the hemp plant
Street names:	Pot, Grass, Weed, Reefer, Dope, Mary Jane, Sinsemilla, Acapulo Gold, Thai Sticks, Ganga
How it is used:	Smoked in hand-rolled cigarettes (joints), water pipes (bongs) or cigars (blunts), eaten in foods or used to brew tea
Duration of high:	**Smoked**—effects begin immediately after the drug enters the brain and last from one to three hours **Ingested**—effects begin one-half to one hour after ingested and last as long as four hours
Withdrawal symptoms:	Irritability, difficulty sleeping, anxiety, depression
Detected in the body:	**Occasional use**—one to seven days **Chronic use**—one to four weeks
Effects:	**Physical**—increased heart rate, bloodshot eyes, dry mouth and throat, increased appetite **Mental**—pleasant sensations and colors, intensified perception of sounds, impaired or reduced short-term memory and comprehension, altered sense of time, reduced ability to perform tasks requiring concentration and coordination **Long-term**—damage to the tissue of the lungs and pulmonary system, cancer, negative effect on the development of adolescents, impaired immune system

Marijuana, or the hemp plant, is one of the oldest psychoactive plants known to humanity. The first direct reference to cannabis as a psychoactive agent dates back to 2700 B.C.

Illinois information

In 2007, 38.6 percent of Illinois students reported using marijuana at least once during their lifetime. Of students 13 years of age, 8.7 percent have tried marijuana. Approximately 4 percent of students used marijuana on school property during the 30 days before the survey.

(Center for Disease Control, 2007)

Sources: American Medical Association, National Institute on Drug Abuse, Drug Abuse Warning Network, 2002 and 2003 National Survey on Drug Use, The Office of National Drug Policy-Drug Policy Clearinghouse, American Counsel for Drug Education

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DRUG FACT SHEET

Alcohol

Consuming energy drinks mixed with alcohol results in an increase in the number of alcohol-related injuries because the perception of impairment is diminished.

Class of drug:	Depressant
Main active ingredient:	Ethanol/Ethyl alcohol, which is made by fermenting or distilling grains, fruit and vegetables, is the main ingredient. Alcohol is found in beverages like beer, wine, coolers and hard liquor like rum and vodka.
What it looks like:	Liquid, either clear or colored
Street names:	Booze, Juice, Spirits, Brew, Sauce
How it is used:	Taken orally
Duration of high:	Effects of high can last from one to four hours. The effect of alcohol on the body by volume is the same. It is the amount of ethanol consumed that affects a person most, not the type of alcoholic drink.
Withdrawal symptoms:	Restlessness, sweating, tremors, insomnia, anxiety, convulsions, death
Detected in the body:	With a healthy liver, an average person can eliminate one drink (.6 oz of alcohol) per hour. Detection time in urine is one to two days.
Effects:	**Physical**—small amounts can produce relaxed muscles, headache, nausea; somewhat large amounts can cause slurred speech, double vision; very large amounts can cause respiratory depression, coma and death **Mental**—small amounts can impair judgment and decrease inhibitions and anxiety; large amounts can produce memory loss **Long-term**—liver and brain damage, heart disease, cancer, ulcers, pancreatitis

A standard drink is equal to .6 oz of pure alcohol, which is equal to 12 oz of beer, 8 oz of malt liquor, 5 oz of wine and 1.5 oz or a "shot" of 80-proof liquor (e.g. gin, rum, vodka).

Illinois information

In 2007, 23.3 percent of students in Illinois reported that they drank alcohol for the first time before the age of 13. Approximately 74 percent of students said they had at least one drink of alcohol during their lifetime.

(Center for Disease Control, 2007)

Sources: National Household Survey–US Department of Health and Human Services, National Institute on Drug Abuse, Drug Abuse Warning Network, US Department. of Health and Human Services-Center for Disease and Prevention, Illinois Drug Education Alliance

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DRUG FACT SHEET

Club Drugs

Club drugs like GHB and Rohypnol are used in date rapes, because they are sedatives and can make one unconscious and immobile.

Class of drug: MDMA (Stimulant), GHB (Depressant), Rohypnol (Benzodiazepines), Ketamine (Dissociative), LSD (Hallucinogen)

Main active ingredient: Varies as drug varies. Since club drugs are often manufactured in makeshift labs, it is impossible to know what chemicals are used to produce them and the consequences of each drug.

What it looks like: Most liquid club drugs are odorless, colorless and tasteless, which makes it easy to slip into a drink. Many of the powdered forms are easily dissolved in liquids. Club drugs are also available in pill/capsule form as well as blotter paper.

Street names: MDMA—Ecstasy, E, X; GHB—Liquid Ecstasy, Grievous Bodily Harm; Ketamine—K, Special K, Kit Kat; Rohypnol—Roofies, R-2; LSD—Acid, Blotter, Microdot

How it is used: Taken orally in pill form (MDMA, GHB, LSD), liquid form (GHB, LSD), powdered form (GHB) and blotter paper (LSD). Ketamine can be smoked, injected or snorted.

Duration of high: Most club drugs effects are felt within 10 to 20 minutes and last from three to six hours. Rohypnol is felt within 30 to 90 minutes and can impair a user for eight to 12 hours.

Withdrawal symptoms: Sleep problems, depression, anxiety

Effects:

<u>Different club drugs have different effects:</u>
Physical—loss of muscle and motor control, blurred vision, dehydration, drowsiness, breathing problems, unconsciousness, increased heart rate, blood pressure and body temperature
Mental—hallucinations, aterograde amnesia, euphoria, impaired senses, memory and judgment
Long-term—sleep problems, heart and kidney failure, brain damage, paranoia, coma, death

Many of these "club drugs" are used recreationally, by choice, at all-night dance parties (raves) bars and concerts.

Illinois information

The use of club drugs and more specifically designer drugs has increased sharply in the greater Chicagoland area as well as throughout the United States. Regionally, Chicago serves as a secondary source area for club drugs distributed throughout the Midwest.

(U.S. Drug Enforcement Administration)

Sources: National Institute on Drug Abuse (NIDA), US Substance Abuse and Mental Health Services Administration (SAMHSA) University of Illinois, The Illinois Department of Human Services

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DRUG FACT SHEET

DXM: Cough Medicine

One out of 11 teens has abused cough medicine to get high. Often, these teens are finding information about cough medicine abuse on the Internet.

Class of drug: DXM is a synthetically produced opioid chemically related to codeine, but does not directly stimulate opiate receptors in the brain. It acts as a hallucinogen/dissociative drug at high doses.

Main active ingredient: DXM (dextromethorphan)

What it looks like: It is available in liquid, tablet, capsule, gel cap and lozenge cough preparations. It is also available in powdered form.

Street names: Robo, Dex, Tussin, Skittles, Triple C, Velvet

How it is used: Orally in cough medicines; inhaled in powdered form

Duration of high: The effects can last up to six hours.

Withdrawal symptoms: Restlessness, muscle/bone aches, insomnia, diarrhea, vomiting, cold flashes

Effects:

Recommended doses (.17 - .33 oz of med. containing 15 mg to 30 mg DXM)—cough suppression

DXM abusers describe different "plateau" effects
Small doses (under 2 oz of med., first plateau)—mimic depressant effects: mild drunkenness
Medium doses (2 oz - 4 oz of med., second plateau) mimic stimulant effects with distorted visual perceptions
Large doses (4 oz - 10 oz or more of med., third and fourth plateaus)—mimic dissociative drugs: distorted perception of sight, time, body and sound, feelings of detachment, hallucinations, violence
Physical—Flushing, sweating, increased body temperature, nausea, seizures, high blood pressure, blurred vision, irregular heartbeat, numbness
Long-term—Liver damage (from medicines also containing acetaminophen) brain damage, coma, death

In 2006, 3.6 percent of 8th graders, 5.3 percent of 10th graders and 5.5 percent of 12th graders reported using cough/cold medicine to get high.

Illinois information

In Illinois, legislation passed in 2006 that banned the sale of DXM in its pure form. Although not mandated, some pharmacists have chosen to keep DXM-containing preparations behind the counter.

(Drug Abuse Handbook, Steven B. Karch, MD, FFFLM, 2007)

Sources: NIDA Research Report Series, National Drug Intelligence Center. U.S. Department of Justice, The Partnership for a Drug-Free America, National Institute on Drug Abuse, Monitoring the Future Survey, Drug Abuse Handbook

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DRUG FACT SHEET

Hallucinogens & Dissociative Drugs

Some effects of PCP—depression and memory loss—may last six months to a year following prolonged daily use.

Class of drug:
Hallucinogens (most common form is LSD)
Dissociative drugs (most commonly form is PCP)

Main active ingredient:
Hallucinogens: Lysergic acid diethylamide, mescaline, psilocybin, ibogaine
Dissociative: Phencyclidine

What it looks like:
LSD: Clear, odorless liquid, brightly colored tablets, impregnated blotter paper, thin squares of gelatin
PCP: liquid, capsules, white crystalline powder, gum

Street names:
Lysergic acid diethylamide: LSD, Acid, Blotter,
Phencyclidine: PCP, Angel Dust, Loveboat, Wack

How it is used:
Both hallucinogens and dissociative drugs can be swallowed, injected or smoked. LSD liquid and gelatin forms can be put in the eyes. PCP is often sprinkled or sprayed on cigarettes, parsley and marijuana.

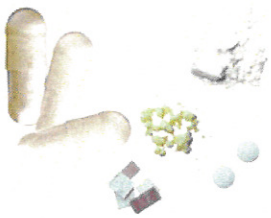
Duration of high:
Hallucinogens: effects begin within 30 to 90 minutes and last from six to twelve hours
PCP: effects begin within minutes and last for hours

Withdrawal symptoms:
Depression, memory loss

Effects:
Physical (both)—increased heart rate and blood pressure, elevated body temperature, loss of appetite, loss of muscle coordination, slurred speech

<u>Hallucinogens</u>
Mental—hallucinations; intensified senses; distortion of time, reality and environment; confusion; mood swings; panic; suicidal thoughts
Long-term—heart and lung failure, flashbacks, coma

<u>Dissociative</u>
Mental—detachment/disconnection of environment and self, distorted perceptions of sight and sound, violence
Long-term—memory loss, speech difficulties, paranoia, convulsions, coma



Forms of LSD and PCP

Illinois information

LSD, most commonly used in the middle- and upper income areas of Chicago, has been declining in use since 1997. The consequences of PCP use are increasing despite relatively stable or declining rates of use.

(IL Drug Threat Assessment 2005, National Drug Intelligence Center)

Sources: National Institute on Drug Abuse (NIDA) Research Report Series, American Medical Association, Illinois Drug Threat Assessment—National Drug Intelligence Center, NIDA Community Epidemiology Work Group

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DRUG FACT SHEET

Methamphetamines

High doses of methamphetamines can elevate body temperature to dangerous and sometimes lethal levels, as well as cause convulsions.

Class of drug: Psychostimulant

Main active ingredient: It is a derivative of amphetamine. Over-the-counter drugs containing ephedrine or pseudoephedrine and other materials are cooked in clandestine laboratories inexpensively to produce the drug.

What it looks like: White powder, pills or a rock which resembles a block. The white powder is odorless, bitter-tasting and dissolves in water or alcohol.

Street names: There are more than 300 street names including Crank, Crystal Meth, Crystal, Ice, Speed

How it is used: Orally, injected, inhaled or smoked. It is also a Schedule II stimulant. There are few accepted medical reasons for its use.

Duration of high: An initial, intense rush lasts from five to 30 minutes for most methamphetamines smoked or injected. Oral ingestion or snorting produces effects in three to 15 minutes. The effects of methamphetamines can last up to 12 hours or more.

Withdrawal symptoms: Depression, fatigue, aggression and paranoia

Detection in the body: Up to five days

Effects: **Immediate**—increased activity, decreased appetite, euphoria, increased respiration, elevated body temperature
Long-term—addiction, violent behavior, anxiety, insomnia, stroke, weight loss, paranoia, hallucinations, delusions, toxic effects on the brain
Long-term—sleep problems, heart and kidney failure, brain damage, paranoia, coma, death

Methamphetamines are most often used in a "binge and crash" pattern where users repeatedly take more to try to maintain the high. Dependence occurs swiftly.

Illinois information

According to the U.S. Department of Justice, methamphetamine is the primary drug threat to Central and Southern Illinois and is increasing in prevalence in the Chicago area.

(U.S. Drug Enforcement Administration, 2008)

Sources: American Medical Association, National Institute on Drug Abuse, Drug Abuse Warning Network, National Drug Intelligence Center, U.S. Drug Enforcement Administration, Office of National Drug Policy

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DRUG FACT SHEET

Tobacco

Tobacco contains 4,000 chemicals and byproducts that make it harmful. The most dangerous byproducts are nicotine, tar and carbon monoxide.

Class of drug:	Stimulant (but also acts as a sedative)
Main active ingredient:	Nicotine
What it looks like:	It is a brownish mixture of dried, cured and processed leaves. Nicotine is a naturally occurring colorless liquid that turns brown when burned and acquires the odor of tobacco when exposed to air.
Street names:	Smokes, Cigs, Butts, Chew, Snuff
How it is used:	Tobacco is smoked in the form of cigarettes and cigars and through pipes; chewed, dipped or sniffed in the form of chewing or spit tobacco or snuff.
Duration of high:	Tobacco effects are felt within 10 seconds of inhalation (cigarette smokers). Cigar, pipe and smokeless tobacco users absorb the nicotine more slowly. The acute effects of nicotine dissipate in a few minutes. Nicotine stays in your system three to four days.
Withdrawal symptoms:	Headaches, dizziness, anxiety, irritability, coughing, dry throat, hunger (weight gain)
Effects:	**Physical**—rush of adrenaline, drop in skin temperature, suppressed appetite and increased blood pressure, respiration and heart rate **Mental**—reduced anxiety and increased relaxation **Long-term**—diseases and conditions, such as: cancer, coronary heart disease, chronic lung disease, stroke, emphysema, chronic bronchitis, gastric ulcers, premature wrinkling.

Tobacco use is the single largest preventable cause of death and disease in the United States today.

Illinois information

In Illinois, tobacco use claims 16,600 lives and costs the state $4.1 billion in health care bills a year. The number of high school students who smoke is 19.9 percent which closely compares to the adult rate of 21.3 percent.

(Campaign for Tobacco-Free Kids, 2009)

Sources: Campaign for Tobacco-Free Kids, American Lung Association, American Cancer Society, American Heart Association & Illinois Tobacco-Free Communities, www.igniteil.org/stats, NIDA Research Report Series

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DRUG FACT SHEET

Prescription Drugs

More teens abuse prescription drugs than any illicit drug except marijuana.

Classes of drug:

- **Painkillers:** Vicodin, Tylenol with Codeine, OxyContin, Percocet
- **Depressants:** Klonopin, Nembutal, Soma, Valium, Xanax
- **Stimulants:** Adderall, Concerta, Dexedrine, Ritalin

What it looks like:

They come in tablet and capsule form (some depressants are also available in liquid and suppositories). They are taken orally or crushed, dissolved in water and injected.

Sources of drug for nonmedical use:

Of people who abuse prescription painkillers, 56 percent say they get them free from relatives and friends; 19 percent from one doctor; 9 percent bought them from friends or relatives; 5 percent bought from drug dealer; 4 percent stole from friends or relatives and 7 percent from other sources.

Withdrawal symptoms:

- **Painkillers:** Restlessness, muscle and bone pain, insomnia
- **Depressants:** Anxiety, irritability, insomnia, nausea, tremors, seizures
- **Stimulants:** Mood changes, sleep and appetite disturbances

Effects:

- **Painkillers:** Decrease motor skills and judgment, difficulty breathing, death
- **Depressants:** Depressed heart rate, difficulty breathing, death
- **Stimulants:** Irregular heart beat, high body temperature, hostility, paranoia, heart failure, fatal seizures

In 2006, more than 2.1 million teens ages 12 to 17 reported abusing prescription drugs. Among 12- and 13 years-olds, prescription drugs are their drug of choice.

Illinois information

When considering the drug problem in Illinois, the impact of prescription drugs of abuse must be addressed. In 2005, 387,000 individuals in Illinois used painkillers nonmedically, 178,000 used depressants nonmedically and 80,000 used stimulants nonmedically.

(United States Department of Health and Human Services, Substance Abuse and Mental Health Services Administration Office of Applied Studies, 2006)

Sources: United States Department of Health and Human Services, Substance Abuse and Mental Health Services Administration Office of Applied Studies, NIDA Info Facts, Office of National Drug Control Policy

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DRUG FACT SHEET

K2 Herb

K2 is illegal in Illinois, but it's still legal in many other states throughout the country. K2 is sold as an herbal incense in stores and over the internet.

Class of drug:	Synthetic Cannabis
Main active ingredients:	Cannabicyclohexanol, HU-210 and JWH-018, similar to THC (Tetrahydrocannabinol) but more potent than THC
What it looks like:	In its pure state, these synthetic chemical compounds are solids or oil; but are usually sprayed on a mixture of dried herbs and spices
Street names:	K2, K2 Herb, Spice, K2 Incense, K2 Summit, K2 Standard, K2 Blond, Fake Weed, Black Mamba
How it is used:	Smoked, inhaled, ingested
Duration of high:	**Smoked**—effects begin immediately after the drug enters the brain and last from one to three hours
Withdrawal symptoms:	Irritability, headaches, nausea, anxiety, depression
Detected in the body:	K2 does not show up in a typical urinalysis test; there are some complicated and expensive blood tests for these compounds, but they are not useful in a daily clinical setting.
Effects:	**Physical**—sleepiness, relaxation, reduced or elevated blood pressure, heart palpitations **Mental**—hallucinations, delusions, paranoia **Long-term**—This drug is fairly new; the DEA is still studying its long-term effects. No long-term effects have been recorded in humans.

K2/Spice has been sold since 2006 as a potpourri or incense for about $30 to $40 per three gram bag. K2/Spice and similar drugs are illegal to sell and purchase in Illinois.

Illinois information

A law effective on January 1, 2012, made possession of K2 and any chemical like K2 illegal to sell, purchase or use in Illinois. A previous law banned only three chemicals that were used to make K-2, but soon similar synthetic drugs were created that did not fall under the act. The new law (Public Act 97-0193) includes a long list of chemical combinations that create synthetic marijuana in an effort to ban all substances.

(CarmiTimes.com "New laws that ban bath salts and K2 synthetic marijuana set to take effect," December 30, 2011)

Sources: Drug profile: Synthetic cannabinoids and 'Spice'". EMCDDA Drug Profiles. European Monitoring Centre for Drugs and Drug Addiction. 2009, Sobolevsky, T, Prasolof I, Rodchenkov G, Detection of JWH-018 metabolites in smoking mixture post-administration urine. Forensic Science International, 2010, Uchiyama N, Kikura-Hanajiri R, Ogata J, Goda Y. Chemical analysis of synthetic cannabinoids as designer drugs in herbal products. Forensic Science International, 198 (2010) 31-38. (LiveScience, Fake Weed, Real Drug: K2 Causing Hallucinations in Teens, March 3, 2010)