Group Work

State the numbers of these, which exist in your communities? What are their links to substance abuse?

- Bars
- Doctors
- Pharmacies
- Drug Stores
- Hospitals
- Clinics
- Health Centres
Overview

- Substance/Drug Abuse
- Causes of drug abuse
- Classification of drugs abused
- Drugs & their effects
  - Alcohol
  - Ganja
  - Amphetamines
  - Cocaine
  - Wilbert
  - Nicotine
  - Depressants
  - Inhalants
- Closing Remarks
What is a Drug?

- A drug is a substance that
  - occurs naturally or
  - is produced by using chemicals

- A drug is administered to produce
  - A desired change or
  - changes in body function.

- These changes may be apparent as alterations to physiological or biochemical systems
  - which, in case of psycho-active agents, result in disruptions of behaviour.
Obtaining drugs

Drugs may be obtained

- Over the counter (OTC),
- Through prescription
- Otherwise
Drug/Substance Abuse

- Drug abuse is inappropriate use of the drug or substance that leads to harm that is:
  - Biological
  - Psychological
  - Social

- Drug abuse may be:
  - Experimental
  - Occasional
  - Habitual

- Drug use may lead to dependence
Causes of Drug Abuse

These are multi-faceted and relate to:

- **Biological**
  - Heredity
  - Addictive/dependent nature of the drug

- **Psychological**
  - Psychological problems, e.g. rebelliousness, alienation; resistance to the dominant social values; impact of stressors

- **Socio-cultural**
  - Availability, accessibility of drug
  - Social/Cultural
  - Economic
  - Ecological
Types of Drugs

- Marijuana (Ganja)
  - Cannabis
- Stimulants
  - e.g. cocaine, amphetamines, ecstasy, caffeine
- Depressants
  - Alcohol
- Hallucinogens
- Anabolic Steroids
Ganja (Marijuana)

- Probably brought to Jamaica in the 1840’s by East Indian indentured labourers
- Grown & used in Jamaica for over 150 years
- Trafficking for several years, mainly to the United States of America
Ganja

- Contains over 400 chemicals, some unknown & many beneficial when extracted, e.g.
  - Canasol for glaucoma
  - Asmasol for asthma
  - Canavert for motion sickness
  - Dronabinol for the nausea of chemotherapy

- Currently illegal, although socially acceptable in some places
Street Names

- Spliff; seasoned spliff (with crack)
- Weed, weed of wisdom
- Sensemilla, sensi
- Joint
- Herb
- Callie, kali
- Grass

Derivatives are Hashish, hash oil
Marijuana: Methods of abuse

- Wilbert (seasoned spliff)
- Dried, rolled in paper & smoked
- Smoked in a chalice/pipe
- Can be swallowed in solid form
- Prepared in food
- Eaten as a vegetable, Ilaloo
- Drunk as a tea/beverage
- Steeped in rum/alcohol for menstrual cramps
Possible effects of abuse

These are primarily short and long term effects

- **Physical**
  - Short term memory impairment
  - Impaired perception
  - Possible damage to lungs and heart

- **Psychological**
  - Delays with psychological development (user will be out of step with his/her peers)
  - Psychological dependence
  - Psychotic tendencies
Social Effects

These tend to be acute and long term; for example

- Difficulty in maintaining relationships
- Increase in conflicts
- Loss of job
- Frequent absenteeism
Ganja: Signs of abuse

- **Physical**
  - Eyes turn red/glossy/starry-eyed
  - Distinctive smell
  - Possible weight loss/gain
  - Change in sleep patterns
  - Impairment of space and time
  - Delayed reaction time

- **Psychological**
  - Loss of interest
  - Decrease in motivation
Social effects

- Maybe a change in friends
- Poor grades/performance
- Job truancy
- Difficulty in relationships at home
- Increase in conflicts
Alcohol

- Integral part of the slave system and the sugar economy
- Alcohol is a byproduct of sugar cane
- Slaves were frequently given alcohol as part of their “diet”
- Interwoven with the history, culture and social system
- Socially & legally accepted drug (except for those 16 years and under)
Names

- Ethyl alcohol is for drinking;
- Methyl alcohol is for external application (rubbing).
- Popular names are:
  - Booze
  - Juice
  - Brew
  - Liquor
  - Waters
  - John Crow Batty
Methods of Abuse

- Liquid form only
- Some examples of presentation are:
  - Rum, Vodka, Gin, White Rum
  - Light beers
  - Beer, stout
  - Shandy
  - Wine & Tonic wine
Effects

- Effects may be
  - Physical
  - Psychological
  - Social

- Effects may be
  - short term (acute)
  - Long term (chronic)
Physical Effects

- Heart damage
- Liver damage
- Death from overdose
- Cancers of the liver, pancreas
- Gastro Enteritis leading to cancer
- Testicular atrophy
- Brain damage
Psychological Effects

- Alcoholic dementia
- Delirium Tremens or the “shakes”
- Tremulousness
- Pathological jealousy
Social Effects

- Death or injury from road accidents
- Factory and other accidents
- Abuse in family: child or spouse
- Loss of employment
Symptoms of abuse

- Smell
- Sleepy look
- Impaired muscle coordination
- Impaired judgment
- Slurred, slow speech
- Unsteady gait
- Swaggering walk
Cocaine

- Not indigenous to Jamaica
- Importation may have started during the first quarter of the twentieth century (with the jet set)
- Coca not grown, although crack is manufactured in Jamaica
- Trafficking - Jamaica is a transshipment as well as a drop-off port en route to North America and Europe
- Cocaine is still administered by dentists
Street Names

- Street names of cocaine are coke & white lady
- Cocaine Hydrochloride (white powder)
- Botanical name of plant is Erythroxylum Coca
- Crack,
  - when cooked with sodium bicarbonate
Methods of Abuse

- Snorted or inhaled in its pure form
- Smoked as crack
- Smoked in seasoned spliff
Physical Effects

- Sleeplessness
- Risky behaviour, i.e. prostitution/promiscuity leading to unprotected sex and ultimately to sexually transmitted infections, e.g. HIV/AIDS
- Cardio-vascular problems
- Acute chest pain
- Nasal passage damage
- Lung damage
- Death from overdose
Psychological effects

- High/elation
- Anxiety
- Intense psychological dependence
- Psychosis
Social Effects

- Poor performance at school or work
- Stealing
- Risky behaviour
- Prostitution
Symptoms of abuse

- Restlessness
- Anxiety
- Short term high followed by depression
- Change in sleep and eating patterns
- Loss of appetite
Wilbert

- Probably introduced in the 1980’s
- A combination of crack and ganja
- Crack sprinkled on and rolled in ganja spliff (seasoned spliff)
- Probably named after (Wild) hurricane Gilbert
Street Name

- Seasoned Spliff
- Gilbert
- Lizard tail
Method of Abuse

- Smoked
Physical effect

- Lung damage
Symptoms of Use

- Restlessness
- Anxiety
- Intensiveness
- Short-term high followed by depression
Stimulants

Stimulants speed-up the central nervous system & include:
- Cocaine, crack cocaine
- Amphetamines, ecstasy
- Nicotine
Amphetamines

These may be

- Ecstasy (MDMA)
- Dextroamphetamine
- Methamphetamine
Street Names

- Pep pills
- Bennies
- Crank
- Dexies
- Moth
- Ice/speed
- Crystal
- Black Beauties
Methods of Abuse

- Smoked
- Swallowed as pills
- Swallowed as capsules
- Injected
Physical Effects

- Loss of appetite
- Convulsions
- Coma
- Brain damage
- Death from overdose
Psychological Effects

- Paranoia
- Hallucinations
Social Effects

- Loss of job
- Alienation of friends
- Breakdown of family life
Symptoms of abuse

- Sleeplessness
- Excessive activity
- Irritability
- Nervousness
- Mood swings
Nicotine

- Found in the tobacco plant
- Tobacco used for over 2000 years in the Mayan culture
- Used by Indians in the Caribbean, when Columbus arrived
Nicotine

- Cigarettes
  - Low tar
  - Slim
  - Mentholated

- Cigars
Methods of Abuse

- Smoked in cigarettes
- Smoked as cigars or in pipes
- Chew tobacco/snuff
Physical effects

- Cancer of the lungs
- Cancer of the throat
- Cancer of the mouth
- Cancer of the oesophagus
- Heart Disease
- Emphysema
Symptoms of Use

- Tobacco smell
- Shortness of breath
- Stained teeth
- In the long run stained fingers
- Loss of appetite
- Sexual dysfunction or Impotence in men
Inhalants

- Substance that gives off characteristic odour at room temperature
- Ethers/solvents that are inhaled at room temperature
- Usually normal household or office cleaners, e.g. glue, lighter fluid, white-out
- Easily available and accessible for the very young
Street Names

- Rush
- Whippets
- Poppers
- Snappers
Types of Inhalants

- Volatile solvents: gasoline, paint thinners, glue, cleaning solutions
- Aerosols: spray paints etc.
- Anesthetic agents: chloroform, ether, oil and grease dissolvers
- Amyl, butyl and isobutyl nitrites: room fresheners
- Whiteout, nail polish remover, shoe polish, perfumed soap
- Laughing Gas
Methods of Use

- Ingested by
  - Sniffing or snorting – through the nose
  - Bagging – inhaling from a plastic or paper bag
  - Huffing – stuffing a rag soaked with inhalant into the mouth
Physical Effects

- Hand tremors
- Fatigue, muscle loss
- Brain, liver, kidney, blood and bone marrow damage
- Death by suffocation
- Sudden Sniffing Death – (SSD)
Psychological effects

- Moodiness
- Restlessness
- Lack of concentration
Social Effects

- Aggressiveness
- Careless about appearance
Signs of Abuse

- Paint or stains on body clothing
- Spots or sores around mouth
- Red or runny eyes or nose
- Chemical breath odour
- Drunk or dazed appearance
Symptoms of Abuse

- Slows down body functions
- Nausea
- Loss of appetite
- Bad breath
- Double vision
- Lack of coordination
- Sneezing, coughing
- Headache
- Vomiting, diarrhoea
Closing Remarks

- Difficult to detect drug abuser
- Do not confuse normal adolescent behaviour with symptoms of abuse
- Take the following changes seriously:
  - Behaviour
  - Friends
  - Appearance, particularly dress
  - Personality
- Drug paraphernalia may be an indication of drug abuse - do not overlook
Get Help

- Drug abuse/drug dependence is an illness
- Treatment and/or counselling must be done by trained professionals
- Do not try to solve the problem on your own
- Get help from trained personnel
- Refer to treatment centres