COMMONLY ABUSED DRUGS

PRINCIPLES OF EFFECTIVE TREATMENT

1. Addiction is a chronic but treatable illness that affects brain function and behavior.
2. No single treatment is appropriate for everyone.
3. Treatment needs to be readily available.
4. Effective treatment attends to multiple needs of the individual, not just his or her drug use or misuse.
5. Remaining in treatment for an adequate period of time is critical.
6. Behavioral therapies—including individual, family, or group counseling—are the most commonly used forms of drug use disorder treatment.
7. Medications are an important component of treatment for many patients, especially when combined with counseling and other behavioral therapies.
8. An individual’s treatment and services plan must be customized, continued, and modified as necessary to ensure that it meets his or her changing needs.
9. Many drug-addicted individuals also have other mental disorders.
10. Medically assisted detoxification is only the first stage of addiction treatment and by itself does little to change long-term drug use and misuse.
11. Treatment does not need to be voluntary to be effective.
12. Drug use during treatment must be monitored continuously, as lapses during treatment do occur.
13. Treatment programs should test patients for potential for abuse or dependence. The most up-to-date scheduling information can be found on the DEA website.---

COCAINE

DESCRIPTION
A powerful addictive stimulant drug made from the leaves of the coca plant native to South America.

STREET NAMES

COMMON NAMES
Cocaine hydrochloride topical solution (sometimes used in medical procedures)

COMMON FORMS
White powder; white rock crystal

EUPHORIC BEHAVIOR
Narcotic effects: increased appetite, decrease in pain, death.

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-methylenedioxymethamphetamine.

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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-methylenedioxymethamphetamine.

For more information, see the MDMA Research Report.

LEGAL STATUS
II

ILLICIT USE
Acid, Acid Base, Blue Heaven, C ube, Microdose, Yellow Sunshine

Therapy Options

- Behavioral therapies
  - Cognitive-behavioral therapy (CBT)
  - Contingency management, or motivational incentives, including vouchers
  - The Matrix model
  - Community-based recovery groups, such as 12-step programs
  - Mobile medical applications (mEDT)

- Pharmacological therapies
  - Methadone
  - Naltrexone (short- and long-acting forms)
  - Methadone

For more information, see the Cocaine Abuse Research Report.

For more information, see the Heroin Abuse Research Report.

For more information, see the Inhalants Abuse Research Report.

For more information, see the LSD Abuse Research Report.

For more information, see the Marijuana Abuse Research Report.

For more information, see the Heroin Abuse Research Report.

For more information, see the Inhalants Abuse Research Report.

For more information, see the Lacine Abuse Research Report.

For more information, see the Marijuana Abuse Research Report.

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For more information, see the Inhalants Abuse Research Report.
<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>METHAMPHETAMINE</th>
<th>PCP</th>
<th>SYNTHETIC CANNABINOIDS</th>
<th>SYNTHETIC CATHINONES (&quot;BATH SALTS&quot;)</th>
<th>TOBACCO</th>
<th>ALCOHOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>An extremely addictive stimulant amphetamine drug. For more information, see the Methamphetamine Research Report.</td>
<td>A dissociative drug developed as an intranasal anesthetic that has been discontinued due to various 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 Phencyclidine and Dissociative Drugs Research Report.</td>
<td>A wide variety of herbal mixtures containing man-made cannabinoid chemicals related to THC in marijuana but often much stronger and more dangerous. Sometimes mislabeled &quot;synthetic marijuana&quot; and marketed as a &quot;natural,&quot; &quot;safe&quot; analog to marijuana. For more information, see the Synthetic Cannabinoids Drug Facts.</td>
<td>An emerging family of drugs containing one or more synthetic cannabinoids related to cathinone, a stimulant found naturally in the khat plant. Examples of such chemicals include reevaphens, methylphen, and 3,4-methylenedioxypyrovalerone (MDPV). For more information, see the Synthetic Cathinones (&quot;Bath Salts&quot;) Drug Facts.</td>
<td>Plant grown for its resin, which are dried and converted before use. For more information, see the Tobacco/Nicotine Research Report.</td>
<td>Ethyl alcohol, or ethanol, is an intoxicating ingredient found in beer, wine, and liquor. It is produced by the fermentation of starch, grains, and tubers.</td>
<td></td>
</tr>
<tr>
<td>COMMONLY ABUSED DRUGS</td>
<td>Commonly Taken</td>
<td>STREET NAMES</td>
<td>COMMERCIAL FORMS</td>
<td>COMMON FORMS WITH ALCOHOL</td>
<td>DEPARTMENT OF HEALTH EFFECTS</td>
<td>POSSIBLE HEALTH EFFECTS</td>
</tr>
<tr>
<td></td>
<td>AngleDust, Boot, Bum, Hug, Love-Bust, Peace Pill</td>
<td>Crack, Chalk, Crystal, Fire, Glass, Go Fast, Ice, Meth, Speed</td>
<td>White powder or pill; crystal meth looks like pieces of glass or shiny blue-white &quot;rocks&quot; of different sizes</td>
<td>White or colored powder, tablet, or capsule; clear liquid</td>
<td>I I I</td>
<td>I-10</td>
</tr>
<tr>
<td></td>
<td>K2, Space, Black Mamba, Bliss, Bombay Blue, Fake-Ward, Fire, Gas, Moon Rocks, Glass, Smoked, Tuck-Na-John</td>
<td>Smoke, Cloud Nine, Cosmic Blast, Flakka, Ivory Wave, Lunar Wave, Scarface, Vanilla Sky, White Lightning</td>
<td>Smoke, swallowed, injected</td>
<td>Multiple brand names</td>
<td>Increased wakefulness and physical activity; decreased appetite; increased breathing; heart rate; blood pressure; temperature; irregular heartbeat.</td>
<td>Delusions, hallucinations, paranoia, problems thinking, a sense of distance from one’s environment, anxiety. Low doses: slight increase in breathing rate, increased breathing pressure and heart rate; shallow breathing; face numbness and weakness; numbness of the hands or feet; problems with movement. High doses: nausea, vomiting; picking up and down of the eyes; shaking; loss of balance; dizziness; violence; suicide; coma, and death.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Long-term</td>
<td>Anxiolyis, confusion, insomnia, mood problems, violent behavior, paranoia, hallucinations, delusions, weight loss, severe dental problems (“meth mouth”), intense itching leading to skin sores from scratching.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>posisible health effects</td>
<td>Depression, anxiety, irritability, sleep problems, depression. Increased heart rate; vomiting, agitation; confusion; hallucinations, anxiety, paranoia; increased blood pressure. Increased heart rate and blood pressure; euphoria, increased sociability and sex drive, paranoia, agitation, and hallucinations; violent behavior; swearing; nausea; vomiting; insomnia; irritability; depression; panic attacks; reduced motor control; cloudy thinking. Increased increased blood pressure, breathing, and heart rate. Injuries and risky behavior, including driving and inappropriate sexual behavior; impaired judgment, coordination, and reflexes; impaired speech, memory problems.</td>
</tr>
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<td>STREET NAMES</td>
<td>Crack, Chalk, Crystal, Fire, Glass, Go Fast, Ice, Meth, Speed</td>
<td>COMMON NAMES TAKEN</td>
<td>COMMON FORMS TAKEN</td>
<td>COMMON NAMES TAKEN</td>
<td>DEPARTMENT OF HEALTH EFFECTS</td>
<td>BEHAVIORAL THERAPIES</td>
</tr>
<tr>
<td></td>
<td>Smoke, Cloud Nine, Cosmic Blast, Flakka, Ivory Wave, Lunar Wave, Scarface, Vanilla Sky, White Lightning</td>
<td>Swallowed, snorted, smoked, injected</td>
<td>Smoke, swallowed, injected</td>
<td>Snorted, snorted, snorted, snorted, snorted (powder added to mint, parsley, oregano, or marijuana)</td>
<td>Increased wakefulness and physical activity; decreased appetite; increased breathing; heart rate; blood pressure; temperature; irregular heartbeat.</td>
<td>Cognitive-behavioral therapy (CBT)</td>
</tr>
<tr>
<td>COMMERCIAL FORMS</td>
<td>White or colored powder, tablet, or capsule; clear liquid</td>
<td>Nephrol, snorted, swallowed, smoked powder added to mint, parsley, oregano, or marijuana</td>
<td>Dried, shredded plant material that looks like potpourri and is sometimes sold as &quot;income&quot;</td>
<td>Nephrol, snorted, swallowed, smoked powder added to mint, parsley, oregano, or marijuana</td>
<td>White or brown crystalline powder sold in small plastic or foil packages labeled &quot;not for human consumption&quot; and sometimes sold as jewelry cleaner; tablet, capsule, liquid</td>
<td>Contingency management, or motivational incentives</td>
</tr>
<tr>
<td>COMMERCIAL FORMS</td>
<td>No commercial uses</td>
<td>No commercial uses</td>
<td>No commercial uses for inhaled &quot;bath salts&quot;</td>
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<td>White or brown crystalline powder sold in small plastic or foil packages labeled &quot;not for human consumption&quot; and sometimes sold as jewelry cleaner; tablet, capsule, liquid</td>
<td>Behavioral treatments geared to teens</td>
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<td>STREET NAMES</td>
<td>Smoke, Cloud Nine, Cosmic Blast, Flakka, Ivory Wave, Lunar Wave, Scarface, Vanilla Sky, White Lightning</td>
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<td>Smoke, swallowed, injected</td>
<td>White or brown crystalline powder sold in small plastic or foil packages labeled &quot;not for human consumption&quot; and sometimes sold as jewelry cleaner; tablet, capsule, liquid</td>
<td>Motivational Enhancement Therapy (MET)</td>
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<td>Behavioral treatments geared to teens</td>
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**Additional Resources:**
- Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Locator: http://www.findtreatment.samhsa.gov/
- The Patient Referral Program on the American Academy of Addiction Psychiatry website: http://www.aap.org/patient-resources/
- The Surgeon General’s Report on Alcohol, Drugs, and Health: https://addiction.surgeongeneral.gov/
- For clinical trials information, go to www.clinicaltrials.gov.

For More Information:
- The NIDA website, www.drugabuse.gov, has information on a variety of drugs and related information.
- Some publications, including these charts, are available in print, free of charge.

To order print copies, call the DRUGPubs Research Dissemination Center at 1-877-NIH-NIDA or go to drugpubs.drugabuse.gov.
## COMMONLY ABUSED DRUGS: PRESCRIPTIONS AND OTCS

### PRESCRIPTION

- **CENTRAL NERVOUS SYSTEM DEPRESSANTS**
  - Barbiturates: pentobarbital (Nembutal®)
  - Benzodiazepines: diazepam (Valium®), chlordiazepoxide (Librium®), clopahiazep (Libiën®), oxazepam (Sovran®), chlormethiazole (Helium®)
  - Sleep Medications: eszopiclone (Lunesta®), zaleplon (Sonata®), zolpidem (Ambien®)

- **COMMON FORMS**
  - Pill, capsule, liquid
  - Tablet, capsule, liquid
  - Lozenge, sublingual tablet, film, buccal tablet
  - Capsule, liquid, tablet
  - Tablet, dispersed tablet, liquid
  - Tablet, liquid, capsule, suppository
  - Capsule, tablet, liquid
  - Tablet, capsule, liquid
  - Tablet, chewable tablet, capsule

- **COMMON WAYS TAKEN**
  - Swallowed, injected
  - Swallowed, snarled, injected
  - Swallowed, snarled, injected

- **DEA SCHEDULE**
  - II, III, IV
  - N

### DESCRIPTION

Medications that slow brain activity, which makes them useful for treating benzodiazepine or barbiturate overdose. For more information, see the Misuse of Prescription Drugs Research Report.

### RELATED ISSUES

- **OTHER HEALTH-RELATED ISSUES**
  - Sleep medications are sometimes used as date rape drugs.
  - Risk of MRH, hepatitis, and other infectious diseases from shared needles.
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- **POSSIBLE HEALTH EFFECTS**
  - Unknown
  - Increased risk of exertion or abuse if misused.
  - Increased shortness, attention, energy, blood pressure, heart rate, and breathing rate.
  - Risk of HIV, hepatitis, and other infectious diseases from shared needles.

- **IN COMBINATION WITH ALCOHOL**
  - Further slows heart rate and breathing, which can lead to death.
  - Dangerous slowing of heart rate and breathing leading to coma or death.
  - Further slows heart rate and breathing, which can lead to death.

- **WITHDRAWAL SYMPTOMS**
  - Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flushes with goose bumps ("cold turkey"), leg movements.
  - Depression, tiredness, sleep problems.
  - Muscle aches, vomiting, cold flashes.
1. Addiction is a complex but treatable disease that affects brain function and behavior.
2. No single treatment is appropriate for everyone.
3. Treatment needs to be readily available.
4. Effective treatment attends to multiple needs of the individual, not just his or her drug use or misuse.
5. Remaining in treatment for an adequate period of time is critical.
6. Behavioral therapies—including individual, family, or group counseling—are the most commonly used forms of drug use disorder treatment.
7. Medications are an important element of treatment for many patients, especially those combined with counseling and other behavioral therapies.
8. An individual’s treatment and services plan needs to be readily available.
9. Medications are an important element of treatment for many patients, especially those combined with counseling and other behavioral therapies.
10. Medically assisted detoxification is only the first stage of addiction treatment and by itself does little to change long-term drug use and misuse.
11. Treatment does not need to be voluntary to be effective.
12. Drug use during treatment must be monitored continuously, as lapses during treatment do occur.
13. Treatment programs should test patients for the presence of HIV/AIDS, Hepatitis B and C, tuberculosis, and other infectious diseases, provide risk reduction counseling, and offer patients to treatment if necessary.

### COMMONLY ABUSED DRUGS: PRESCRIPTIONS AND OTCS

#### Principles of Effective Treatment

1. **Addiction is a complex but treatable disease that affects brain function and behavior.**
2. **No single treatment is appropriate for everyone.**
3. **Treatment needs to be readily available.**
4. **Effective treatment attends to multiple needs of the individual, not just his or her drug use or misuse.**
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#### DEXTROMETHORPHAN

<table>
<thead>
<tr>
<th>COMMERCIAL NAMES (COMMON)</th>
<th>OVER-THE-COUNTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Various (many brand names include “DM”)</td>
<td>Loperamide</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>POTENTIAL HEALTH EFFECTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychomotor when taken in higher-than-recommended amounts.</td>
<td>Constipation, abdominal pain, nausea, vomiting, or diarrhea.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>STREET NAMES</th>
<th>COMMON FORMS</th>
<th>DEA SCHEDULE</th>
<th>POSSIBLE COMBINATION WITH ALCOHOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Robostrapping, Robo, Triple C</td>
<td>Syrup, capsule</td>
<td>Not scheduled</td>
<td>Unknown</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WITHDRAWAL SYMPTOMS</th>
<th>MEDICATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Severe anxiety, vomiting, and diarrhea</td>
<td>There are no FDA-approved medications to treat addiction to dextromethorphan.</td>
</tr>
</tbody>
</table>

#### Behavioral Therapies

- **More research is needed to find out if behavioral therapies can be used to treat addiction to dextromethorphan.**
- **The same behavioral therapies that have helped treat addiction to heroin may be used to treat loperamide addiction.**
- **Contingency management, or motivational incentives**

### NIDA Resources:

- **NIDA** – Tools and resources to increase awareness of the impact of substance use on patients’ overall health and to help clinicians and those in training identify patient drug use early and prevent it from escalating to abuse or addiction. Learn more at www.drugabuse.gov/nida.

#### Preventing Drug Use among Children and Adolescents: A Research-Based Guide for Parents, Educators, and Community Leaders

NIDA’s research-based guide for preventing drug abuse among children and adolescents provides 16 principles derived from effective drug prevention research and includes answers to questions on risk and protective factors as well as on community planning and implementation.

#### Principles of Drug Addiction Treatment: A Research-Based Guide

This guide summarizes the 13 principles of effective treatment, answers common questions, and describes types of treatment, providing examples of scientifically-based and tested treatment components.

#### Principles of Adolescent Substance Use Disorder Treatment: A Research-Based Guide

This guide discusses the urgency of treating addictions and other substance use disorders in teenagers, answers common questions about how young people are treated for drug problems, and describes effective treatment approaches supported by scientific evidence.

#### Principles of Drug Abuse Treatment for Criminal Justice Populations: A Research-Based Guide

NIDA’s research-based guide for treating people with addiction who are involved with the criminal justice system provides 13 essential treatment principles and includes answers to frequently asked questions and resource information.

### Additional Resources:

- **Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Locator:** http://www.findtreatment.samhsa.gov; 1-800-662-HELP.
- **The Patient Referral Program on the American Academy of Addiction Psychiatry website:** http://www.aap.org/patient-resources.
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