



## *Commonly misused substances*

*Taken from the National Alcohol and Drug Addiction and SAMHSA Recovery Month packet*

Hallucinogens  
1 million people  
Ecstasy (MDMA)  
528,000 people  
(can also be called  
LSD, acid, boom-  
ers, yellow)

Tobacco  
Products  
72.9 million  
people

Methamphetamine  
732,000 people  
(can also be called  
crank, meth,  
speed, ice)



Cocaine  
2.4 million people  
Crack 702,000 peo-  
ple  
(can also be called  
Coke, C, blow and  
crack)

Inhalants  
761,000 people  
(can also be called  
Whippets, laugh-  
ing gas, poppers)

Prescription-type drugs  
7 million people  
Pain relievers  
5.2 million people

Marijuana  
14.8 million people  
(can also be called Pot,  
weed, Mary Jane, reefer,  
ganja and hash)

Heroin  
338,000 people  
(Can also be called Cap-  
tain cody (codeine), H,  
smack, dope, white  
horse)

Alcohol  
125 million people

## *When substance use begins...*

*Taken from the National Alcohol and Drug Addiction and SAMHSA Recovery Month packet*

The following data is from 2006:

- The average age of first-time use of inhalants was nearly 16 (among people aged 12-49)
  - An estimated 2.8 million people aged 12 or older used an illicit drug for the first time within the past 12 months; this is an average of nearly 8,000 new users each day.
  - The largest number of recent new users aged 12 or older appeared in the nonmedical use of pain relievers (2.2 million) and marijuana (2.1 million).
- The average age of first use of pain relievers among people 12 to 49 was 21.9 year.
  - The average age of first use of marijuana among people 12 to 49 was 17.4 year.
  - 4.4 million people aged 12 or older used alcohol for the first time in the past 12 months—approximately 12,000 new users per day. Of these, 89.2 percent were under age 21 at the time of initiation.

## *How can I tell if my child is using drugs?*

Changes in mood and attitudes, unusual temper outbursts and changes in hobbies or other interests are common in teens. These are a list of things that **may** be signs of a problem. Discussions with your child about the dangers of drugs and alcohol is never a bad thing and these signs should, at the least initiate a discussion.

1. Changes in friends.
2. Negative changes in schoolwork, missing school, discipline problems at school, activity changes.
3. Increased secrecy about possessions or activities.
4. Use of incense, room deodorant, or perfume to hide smoke or chemical odors.
5. Subtle changes in conversations with friends, i.e. using more secretive coded language. For example, “four twenty” is a code name for a time to get high.
6. Change in clothing choices, such as a new fascination with clothes that highlight drug use.
7. Evidence of drug paraphernalia, such as pipes or rolling papers.
8. Evidence of inhalant products, such as hairspray, nailpolish, correction fluid, and other common inhalants.
9. Bottles of eye drops, used to mask blood shot eyes, or dilated pupils.
10. Missing prescription drugs—especially narcotics and stabilizers.

## *Treatment and Recovery Options*

*Taken from the National Alcohol and Drug Addiction and SAMHSA Recovery Month packet*

- **MEDICAL DETOXIFICATION:** Administered under the care of a physician who helps manage physical withdrawal symptoms, detoxification is a set of interventions aimed at managing a person's safe withdrawal from a substance. Detoxification alone does not lead to lasting abstinence, since it does not address the psychological and behavioral facets of addiction.
- **INPATIENT PROGRAMS AND THERAPEUTIC COMMUNITIES:** Inpatient treatment is a type of program where people stay overnight at a hospital or treatment facility, for a few days to several months, to participate in rehabilitation and recovery. Programs can be short or long term, lasting 3 to 6 weeks or many months. This type of treatment is often followed by extended participation in outpatient therapy (e.g., 12-step programs). Some programs, like therapeutic communities, are long term, more structured, and focused on people with a long history of addiction.
- **OUTPATIENT PROGRAMS:** These are programs where people live at home and receive treatment services during the day. Outpatient treatment can be offered in health clinics, community mental health clinics, counselors' offices, hospital clinics, local health department offices, or at inpatient programs with outpatient clinics.
- **MEDICAL MAINTENANCE PROGRAMS:** This involves the use of medications, such as buprenorphine or naltrexone, as a component of treatment for addiction to opioids and alcohol, respectively. Medication such as methadone treatment, is used to help wean patients off of their dependency. More information can be found at [www.dpt.samhsa.gov](http://www.dpt.samhsa.gov).
- **THERAPY, COUNSELING, AND SUPPORT GROUPS:** Individual and/or group counseling and other behavioral therapies are essential components of effective long-term treatment. Therapy confronts issues of motivation, builds skills to resist substance use, replaces destructive activities with constructive behavior, and improves problem-solving abilities, as well as facilitates interpersonal relationships.
- **ONGOING SUPPORT AND AFTERCARE:** Participation in mutual support groups during and following treatment is often helpful in sustaining recover.

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*2008 Coastal Monmouth Alliance Meetings*

*Monday September 22, 2008*

*10:00am to 12:00pm*

*Monmouth Medical Center Stanley Room*

*Thursday November 20, 2008*

*6:00pm to 8:00pm location TBA*

We're on the web!

[www.visitlongbranch.com/government/city/directory/  
substance\\_abuse\\_prev/](http://www.visitlongbranch.com/government/city/directory/substance_abuse_prev/)

## *SAFE HOMES*

The Safe Homes Program allows parents to make a pledge that they will not allow underage drinking in their homes. It gives parents a resource of other parents who have made the commitment not to allow their children, or any one else's to consume alcoholic beverages in their home. This program is available to Oceanport residents only. If you are a resident of Oceanport and



## *Resource Guides*

The Coastal Monmouth Alliance for the Prevention of Substance Abuse provides the communities of Long Branch, West Long Branch and Oceanport with Resource Guides that offer information regarding a full spectrum of treatment facilities, "need to know" information and much more. Please contact the office if