

Why would a teen or young adult, or anyone for that matter, make a decision to use “Bath Salts?”

of these drugs put them in new, deceiving packages. out that Bath Salts were dangerous, the distributors include them. That has changed once the word went drugs were not illegal because the law did not loopholes in the law. For a period of time, these sell them were working to exploit very specific When these drugs were legal, the people trying to

Why all of the mystery?

packet. completely different than what is sold in an identical chemicals that is sold in one packet may be formulation for these drugs. The composition of it is important to note that there is no standard



Not Always Sold as Bath Salts

Many Brands and Names and

remover. Substituted cathinones and related drugs have been sold as plant feeder, insect repellent and even stain

“Bath Salts” are marketed as Bath Salts.

What makes this even trickier is that not all

heard of Khat, a plant that is cultivated and used in East Africa and the Middle East. It has a stimulant effect on the user and can be quite dangerous. Substituted cathinones are synthetic, concentrated versions of the stimulant chemical in Khat. Methylenedioxypropylvalerone (MDPV), mephedrone and methylone are the chemicals most often found in “Bath Salts.” They can be ingested orally or snorted through the nose.



How can you tell?

If it says it is “Not For Human Consumption”

Or it is not illegal

Or it is only for 18+ Adults Only

It is probably for ingestion, not a hot bath

How can you tell if something that is labeled as a bath salt is really a drug?

If it is contained in a packet that is about the size of a moist towelette, it probably isn’t designed for use in a bathtub that can hold anywhere from 30 to 60 gallons of water.

If it also says, “not for human consumption,” says that it is “not illegal” (never a good sign) or that it is for “adults only,” it is probably a drug that was created for ingestion and not for a hot bath.

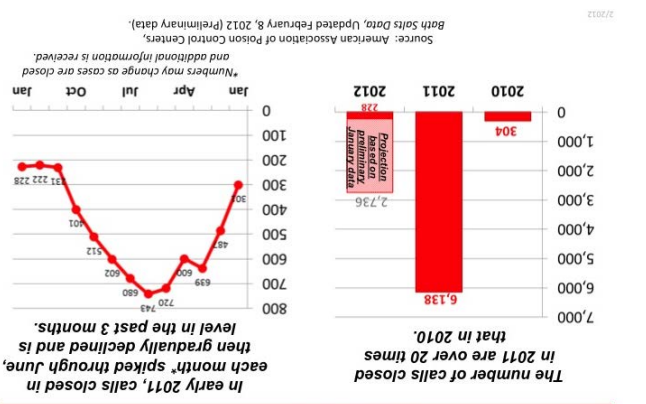
First, we’ll look at some of the same reasons why people use stimulants. For some, it is to get high or escape, but for many others it is to get energy or endurance to make it through the day. Many people – not just teens – feel overworked and overstressed, and in those situations, a stimulant can have a lot of appeal. Peer pressure or curiosity can play a large role, and often teens don’t know what the effects will be until it’s too late. Word of mouth can also play a big part in deciding to try it.

Potential users may think that Bath Salts are safer than legal. They may think that they would not test positive for methamphetamine. They may perceive them to be these drugs are readily available – if you walk into some convenience stores or gas stations, you may see a whole display of pills and packages marked as “vitamins,” or “energy boosters.” Some may be legal, and some may not be. Head shops – which are in the business of selling drug paraphernalia just within the limits of the law – may sell these drugs, and a search for Bath Salts online yields more than 1.3 million results.

The effects of Bath Salts can be severe.

Very severe paranoia can sometimes cause users to harm themselves or others. Effects reported to Poison Control Centers include:

- Suicidal thoughts
- Agitation
- Combative/Violent behavior
- Confusion
- Hallucinations/psychosis
- Increased heart rate



While this is notable progress, projections based on January 2012 data indicate that use will remain far above 2010 levels in 2012.

Spice.

“K2” and “Spice” are street names for synthetic marijuana. Whatever perceptions people have of marijuana, they should not underestimate the risk of this drug or make the mistake that synthetic marijuana is somehow less dangerous than cultivated marijuana.

K2 or Spice is a mixture of herbs or other plant materials that have been sprayed with artificial chemicals that are supposed to mimic the effects of THC, the psychoactive ingredient in marijuana. One group of these artificial chemicals has the prefix “JWH,” so you will see JWH-018, JWH-073 and others. It is important to note that K2/Spice is completely synthetic, so while these drugs may act on the same parts of the brain and body as THC, the effects can be very different.

In addition to the most common names, K2 and Spice, this product is sold under a number of trade names such as “Blaze,” “Bliss,” “Black Mamba,” “Bombay Blue,” “Genie” or by the names of the chemicals that are used in the production process such as JWH-018.

One of the signs that parents can look for is a strong clove smell. K2/Spice is typically smoked, so parents may find a coffee grinder around the house – which is often used to reduce the product to a fine powder so that it is easier to smoke – and other drug paraphernalia such as pipes or screens.

December 2010 after they started receiving calls about Poison centers first raised concern about Bath Salts in legal. They may think that they would not test positive for methamphetamine. They may perceive them to be these drugs are readily available – if you walk into some convenience stores or gas stations, you may see a whole display of pills and packages marked as “vitamins,” or “energy boosters.” Some may be legal, and some may not be. Head shops – which are in the business of selling drug paraphernalia just within the limits of the law – may sell these drugs, and a search for Bath Salts online yields more than 1.3 million results.

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- Hypertension
- Chest Pain
- Death or serious injury

The speed of onset is 15 minutes, while the length of the high from these drugs is four to six hours. It is especially troubling that the long-term effects of the drug are unknown, because the drug has only been used widely within the past decade. We don’t know what the future will hold or exactly how people will be affected.

Poison centers first raised concern about Bath Salts in December 2010 after they started receiving calls about people having serious reactions to the chemicals, such as increased blood pressure and heart rate, agitation, hallucinations, extreme paranoia and delusions. In 2010, poison centers received 304 calls about exposures to Bath Salts. That number rose dramatically in 2011 when poison centers received 6,138 calls. In early 2011, calls closed in each month* spiked through June, then gradually declined and was level in November and December 2011 and January 2012.

Synthetic Drugs: Bath Salts, K2/Spice:

A guide for parents and other influencers

IMPORTANT RESOURCES FROM THE PARTNERSHIP AT DRUGFREE.ORG

- www.drugfree.org – Main Site
- www.timetotalk.org – Learn how to start a conversation with your child
- www.drugfree.org/timetoact – Learn what to do if you suspect or know your child is using
- www.drugfree.org/teenbrain – Learn about teen brain development and how you can help your teen make smart, healthy decisions
- www.drugfree.org/parent – The Parent Tool Kit offers videos & articles on how to talk with your kids at any age

City of Phoenix
POLICE DEPARTMENT
620 W. Washington Street
Phoenix, AZ 85003

Emergency – 911
Non-Emergency – 602-262-6151
Information – 602-262-7626
Silent Witness 480-WITNESS
1-800-343-TIPS
480-TESTIGO (Spanish)

The physical signs of use are very troubling.

You may notice increased agitation, profuse sweating, pale skin or vomiting.

But what may be of the greatest concern is the loss of physical control – a kind of brain-body disconnect. This is where you may see seizures, a lack of pain response or uncontrolled/spastic body movements.

Looking at the effects another way, parents should know that the onset of this drug is fairly quick, and – depending on a number of factors – the length of the high can last from one to eight hours.

The paranoia that is associated with K2/Spice is closer to the psychological reaction to PCP or angel dust than to the paranoia associated with marijuana.

One of the most frightening factors is that users may experience dysphoria. The best way to explain dysphoria is that it is the opposite of euphoria. A spice user posted a blog comment that read in part, "I felt as if I was in hell – this morbid place that I couldn't get out of."

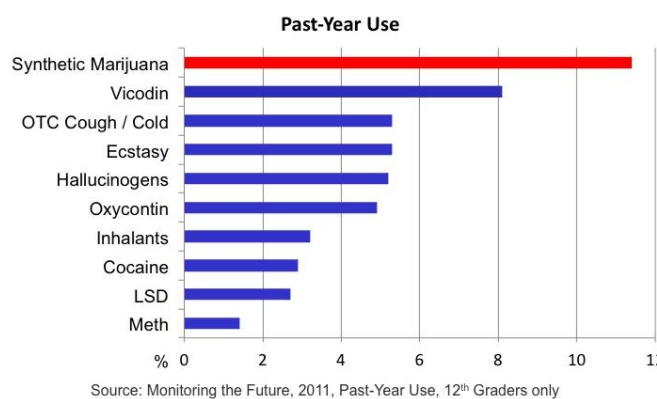
(<http://cenblog.org/terrasigillata/2010/09/07/whats-the-buzz-synthetic-marijuana-k2-spice-jwh-018/>)

As troubling as the short-term effects of this drug are, what is even more concerning is the fact that no one knows what their long-term effects will be. They simply haven't been around long enough for medical professionals to know how users will be affected in 10 years, 20 years or even further in the future.

Like Bath Salts, K2/Spice is sold online, in convenience stores and in "head" shops. It is often marketed as incense.

While these drugs may be "news" to many parents, more than one in 10 American high school seniors

K2 / Spice Use



Source: Monitoring the Future, 2011, Past-Year Use, 12th Graders only

Congress is also working to act on this issue.

However, regulators and parents face the challenge of staying ahead of new formulations.

What can parents and other influencers say to young people about the dangers of these drugs?

A good overarching message to kids is to avoid putting anything in their bodies that would change their feelings or emotions – whether it is something they would smoke, drink, take in pill form or shoot with a needle. The human brain is an incredible machine, and you need to be even more careful with a teenage brain because it is a work in progress.

Additional messages include:

- It is impossible to know what these drugs contain, who made them or what you are going to get.
- Getting high – no matter how – carries risks of making unsafe or unhealthy decisions.
- Just because a drug is legal – or is labeled as legal – does not mean that it is safe.
- We don't know the long-term effects of synthetic drugs because the drugs are so new.

Parents: You Matter The Tip Sheet

Here are important tips, resources and information you can use to give your kids happy, healthy and safe futures, and help them avoid the dangers of drugs and alcohol.

COMMUNICATE

1. Clearly communicate the risks of alcohol and drug use.
2. Let your child know you disapprove of any drinking or drug use.
 - a. Kids who believe their parents will be upset if they try drugs are 43 percent less likely to do so.
3. Use teachable moments to talk about drinking and using drugs.
4. Frequently talk and listen to your kids about how things are going in their lives.

MONITOR

1. Know **WHO** your child is with
2. Know **WHAT** they're doing
3. Know **WHERE** your child will be
4. Know **WHEN** your child is expected home
5. Know who your teen's friends are – communicate with their parents
6. Establish and enforce rules – including a clear "no use" policy

SPOT ALCOHOL AND DRUG USE

- ✓ Here are five changes to watch for...
 1. Declining school work and grades

2. Abrupt changes in friends, groups or behavior
3. Sleeping habits and abnormal health issues
4. Deteriorating relationships with family
5. Less openness and honesty

- ✓ Be aware of special vulnerabilities

WHAT TO DO WHEN YOU SPOT ALCOHOL AND DRUG USE

1. Focus, you can do this
 - ✓ Don't panic, but act right away
2. Start talking
 - ✓ Let your child know you are concerned
 - ✓ Communicate your disapproval
3. Set limits, rules and consequences
4. Monitor – look for evidence, make lists, keep track
5. Get outside/professional help – you don't have to do this alone

TAKE ACTION AND LEARN MORE

1. Talk to your kids about the dangers of drinking and using drugs
2. Monitor your kid's whereabouts
3. Connect with other parents
4. Learn more about preventing teen drinking and drug use – go to www.drugfree.org

How is K2 obtained?



used synthetic marijuana in the prior year according to the "Monitoring the Future" study, a survey conducted by the University of Michigan.

At 11.4 percent, the annual prevalence of synthetic marijuana is:

- 41 percent greater than Vicodin (8.1 percent)
- Four times greater than inhalants (3.2 percent)
- Four times greater than cocaine (2.9 percent)
- Eight times greater than meth (1.4 percent)

It is also more common than hallucinogens, LSD and OxyContin and twice as likely to be used as over-the-counter cough/cold medicine.

Calls to poison control centers for exposure to synthetic marijuana doubled between 2010 and 2011 and is on track to rise again in 2012.

In the past two years, the Drug Enforcement Administration has taken emergency action to make both Bath Salts and K2/Spice illegal. There is now a study period taking place to determine if these bans will remain permanent.

The challenge for regulators and parents, however, is to stay ahead of the new formulas and versions of these drugs that may not be covered by current law.

DRUG GUIDE FOR PARENTS: FACTS TO KEEP YOUR TEEN SAFE drugfreeaz.org

	Alcohol	Bath Salts & Synthetic Drugs (Synthetic Meth)	Cocaine/Crack	Cough Medicine/DXM	Ecstasy/MDMA	Spice/Herbal Incense (Synthetic Marijuana)	Heroin	Inhalants	Marijuana	Methamphetamine	Prescription Pain Relievers	Prescription Sedatives and Tranquilizers	Prescription Stimulants	Steroids
Street Names/Commercial	Booze	Cloud Nine, Ivory Wave, Blue Silk, Vanilla Sky, Energy 1, Plant Fertilizer, Plant Food, Insect Repellent	Blow, Coke, Nose Candy, Rock, Snow, Crack, Flake, Soda Cot	Dex, Robo, Triple C, Tussin, Skittles, Syrup	Clarity, Hug Drug, Lover's Speed, Adam, Bean, E, X, XTC	K2, Bliss, Black Mamba, Bombay Blue, Fake Weed, Genie, Spice, Zohai, Red Magic	Black Tar, Dope, Junk, Smack	Dusting, Gluey, Huff, Rush	Blunt, Dope, Grass, Herb, Mary Jane, Pot, Reefer, Weed, Aunt Mary, BC Bud, Chronic, Ganja	Ice, Chalk, Crank, Crystal, Fire, Glass, Meth, Speed, Tweak	Codeine, OxyContin (Oxy, O.C.), Percocet (Percs), Vicodin (Vike, Vitamin V)	Mebaral, Quaaludes, Xanax, Valium, Benzos, Downers	Adderall, Dexedrine, Booze Ritalin	Juice, Rhoids, Stackers, Pumpers, Gym Candy, Arnolds, Weight Gainers
Looks Like	Liquid (types include beer, wine, liquor)	Powder substance labeled "not for human consumption"	White crystalline powder, chips, chunks or white rocks	Liquid, pills, powder, gel caps	Tablets with popular logos (Playboy bunnies, Nike swoosh)	Dried leaves, potpourri	White to dark brown powder or tar-like substance	Paint thinners, glues, nail polish remover, whipped cream aerosol, Freon, computer cleaner and more	A green or gray mixture of dried, shredded flowers and leaves of the hemp plant	White or slightly yellow crystal-like powder, large rock-like chunks	Tablets and capsules	Multi-colored tablets and capsules; some can be in liquid form	Tablets and capsules	Tablet, liquid or skin application
How It's Used/Abused	Alcohol is drunk	snorted, smoked, injected or ingested	Cocaine can be snorted or injected; crack can be smoked	Swallowed	Swallowed	Smoked in joints or pipes, made into tea or put in food	Injected, smoked, freebassed or snorted	Inhaled through nose or mouth	Smoked, brewed into tea or mixed into foods	Swallowed, injected, snorted or smoked	Swallowed, injected, snorted or smoked	Swallowed, injected or snorted	Swallowed, injected or snorted	Swallowed, applied to skin or injected
What Teens Have Heard	Makes a boring night fun	Legal, safe alternative high, not picked up on standard drug test, available at retail outlets	Keeps you amped up; you'll be the life of the party	Causes a trippy high with various plateaus	Enhances the senses and you'll love everyone	It's "Fake Weed" and its legal, won't show up in a drug test	Full-on euphoria, but super risky	A cheap, 20-minute high	Relaxing, not dangerous and often easier to get than alcohol	Can keep you going for days	A free high, straight from the medicine cabinet	A great release of tension	Keeps you attentive and focused	Will guarantee a spot on the starting lineup
Dangerous Because	Impairs reasoning, clouds judgement. Long-term heavy drinking can lead to alcoholism and liver and heart disease	Effects can be severe, thoughts of suicide, hallucinations/psychosis, hypertension, chest pain, combative, violent behavior	Can cause heart attacks, strokes and seizures. In rare cases, sudden death on the first use	Can cause abdominal pain, extreme nausea, liver damage	Can cause severe dehydration, liver and heart failure and even death	Elevates heart rate and blood pressure, stored in the body for long period of time, long-term effects on humans are not fully known	Chronic heroin users risk death by overdose	Chronic exposure can produce significant damage to the heart, lungs, liver and kidneys. Can induce death	Can cause memory and learning problems, hallucinations, delusions and depersonalization	Chronic long-term use, or high dosages, can cause psychotic behavior (including paranoia, delusions, hallucinations, violent behavior, insomnia and strokes)	A large single dose can cause severe respiratory depression that can lead to death	Slows down the brain's activity and when a user stops taking them, there can be a rebound effect, possibly leading to seizures and other harmful consequences	Taking high doses may result in dangerously high body temperatures and an irregular heartbeat. Potential for heart attacks or lethal seizures	Boys can develop breasts, girls can develop facial hair and a deepened voice. Can cause heart attacks and strokes
Arizona Teen Facts (Grades 8-12)	Nearly 50% of 8th graders have had an alcoholic drink	Banner Samaritan Poison and Drug Info Center reported 2 calls related to Bath Salts in 2010 and 266 calls in 2011	More teens used cocaine than methamphetamine in 2010	1 out of 10 teenagers has abused cough medicine	Ecstasy use has nearly doubled since 2008	There have been documented reports of teens being hospitalized in AZ after using Spice	Heroin use continued to rise in 2010	1 in 5 kids have used inhalants by 8th grade	Nearly half of all 12th graders have tried marijuana	On a statewide level, meth use among teens has decreased by nearly 68%	1 in 4 12th graders 1 in 5 10th graders 1 in 10 8th graders have abused prescription pain relievers to get high	1 in 10 teens used drugs such as sleeping pills, barbiturates, tranquilizers without a doctor's prescription	In 2010, nearly 1 out of 10 12th graders abused prescription stimulants	Steroid use remains low at less than 2% for teenagers
Signs of Abuse	Slurred speech, lack of coordination, nausea, vomiting, hangovers	Increased irritability, agitation, hallucinations, lack of need to sleep	Nervous behavior, restlessness, bloody noses, high energy	Slurred speech, loss of coordination, disorientation, vomiting	Teeth clenching, chills, sweating, dehydration, anxiety, unusual displays of affection	Similar to marijuana and include paranoia, panic attacks and giddiness	Track marks on arms, slowed and slurred speech, vomiting	Missing household products, a drunk, dazed or dizzy appearance	Slowed thinking and reaction time, impaired coordination, paranoia	Nervous physical activity, scabs and open sores, decreased appetite, inability to sleep	Medicine bottles present without illness, Rx bottles missing, disrupted eating and sleeping patterns	Slurred speech, shallow breathing, sluggishness, disorientation, lack of coordination	Lack of appetite, increased alertness, attention span and energy	Rapid growth of muscles, opposite sex characteristics and extreme irritability
Important to Know	Being a child of an alcoholic places children at greater risk for developing alcohol problems	In 2012, Arizona legislators approved emergency legislation to ban "bath salts." The synthetic drugs are still available for sale online.	Cocaine is one of the most powerfully addictive drugs	The "high" from cough medicine is caused by ingesting a large amount of dextromethorphan (DXM), a common active ingredient found in many cough medications	Can be addictive. Has become a popular club drug because of its stimulant properties which allow users to dance for extended periods of time	K2 is sold in Head Shops & marked "not for human consumption". Several states and European countries have banned the use of these products.	Heroin overdose is a particular risk on the street, where the purity of the drug cannot be accurately known	More than 1000 common products are potential inhalants that can kill either on the first use or any time thereafter	Contrary to popular belief, marijuana can be addictive	Meth has a high potential for abuse and addiction, putting children at risk, increasing crime and causing environmental harm	Abusing prescription painkillers is just as dangerous, addictive and deadly as using heroin	Using prescription sedatives and tranquilizers with alcohol can slow both the heart and respiration and possibly lead to death	Many teens abuse this prescribed medication to help them cram for exams or suppress their appetite	Teens who abuse steroids before the typical adolescent growth spurt risk staying short and never reaching their full adult height