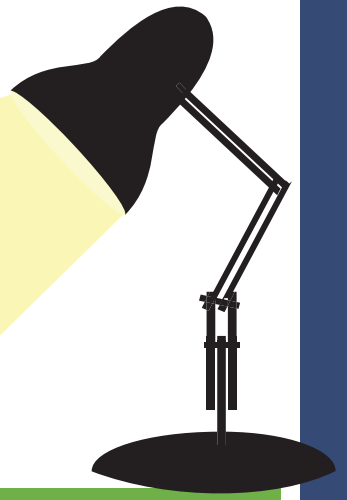


More young people are using heroin today than ever before...

DO YOU KNOW THE FACTS?

A spotlight on...

HEROIN



FACTS & STATISTICS

- Between 2007-2012, heroin use rose 79 percent nationwide. (*Washington Post*)
- 80 percent of heroin users started with prescription painkillers. (*SAMHSA*)
- 21.5% of 12th graders said they had used prescription drugs without a prescription. (*2013 Monitoring the Future survey*)
- In 2011, 4.2 million people age 12 and older had used heroin in their lifetime, and 23 percent became dependent. (*SAMHSA*)
- There was a 320 percent increase in the amount of heroin seized by U.S. authorities along the United States/Mexico border between 2008 and 2013. (*DEA*)
- Scientific research shows that appropriate treatment can help patients addicted to drugs successfully recover their lives. (*SAMHSA*)

HEROIN is also known as:

Junk	China
Horse	Brown
Smack	Powder
China White	Sugar
Fix	Scag
It	Black Tar
White Stuff	Dog
Dope	Nod

WHAT IS HEROIN?

Heroin is a drug with four times the analgesic, or painkiller effect of morphine and several times the addictive potential. It comes in either a white or tan powder form or can look like black tar.

Heroin can be injected into a vein, under the skin or into a muscle. It is sometimes smoked in a water pipe or mixed in a marijuana joint or regular cigarette. Some report inhaling the smoke through a straw, or snorting the powder form through one's nose.

Heroin is a fast acting drug. Depending on the method of use, the rush, or an intense pleasure lasts for a few minutes, but leaves users sluggish, tired, fuzzy-headed and useless for a few hours. Effect can usually last 4 to 6 hours. Tolerance to heroin develops quickly.

Medical problems associated with heroin use can be any of the following: collapsed veins, brain abscesses, blood clots, Hepatitis C, HIV (acquired through infected needles), respiratory failure, infections of the heart lining and valves. Heroin use can lead to crime, addiction, medical problems, overdose and even death.



Crisis Helplines

Drug & Alcohol Hotline (484) 628-8186
Crime Alert Berks County 1-877-373-9913
Berks County Detectives (610) 478-7178

SIGNS & SYMPTOMS OF ABUSE

Behavioral Characteristics

- Mood swings
- Personality changes
- Defensiveness
- Extremely emotional
- Self-centered
- Manipulative
- Withdrawn
- Dressing differently
- Changes in relationships with friends
- Social problems
- Anxiety

Physical Characteristics

- Bloodshot eyes
- Dilated pupils
- Dizziness
- Sweating profusely
- Constantly cold
- Shaky hands
- Looking/feeling 'run down'
- Weight loss
- Weight gain
- Severe itching
- Dry mouth

Paraphernalia

- Hypodermic needles
- Aluminum bottle caps
- Cigarette lighters
- Razors
- Tinfoil, vials, small plastic bags
- Spoons
- Straws
- Tourniquets

OVER 23 MILLION AMERICANS ARE IN RECOVERY FROM ADDICTION TO ALCOHOL AND OTHER DRUGS. *(Faces & Voices of Recovery)*

WITHDRAWAL SYMPTOMS

- Nausea
- Diarrhea
- Watery eyes
- Runny nose
- Hot flashes
- Cold flashes
- Tremors and shaking
- Vomiting
- Abdominal cramping
- Convulsions
- Jerking movements

* Medical attention should be sought immediately if anyone is suspected of withdrawing from heroin.

PARENT DO'S AND DON'TS IF USE IS SUSPECTED

- DO** know signs and symptoms of use
- DO** seek help for the loved one from a professional counselor
- DO** seek help for yourself
- DO** communicate concerns to the user (this does not have to be done by the parent, it could come from another trusted adult or a professional)
- DO NOT** deny use or make excuses for a 'gut' feeling
- DO NOT** ignore problem or signs/symptoms of use
- DO NOT** try to cover up the problem, it will NOT go away

*Find more parent focused resources and information on our website:
www.cocaberks.org/resources-reading-pa/parents.html*

NALOXONE

What is Naloxone? Naloxone is a non-narcotic and non-addicting medication that can reverse an overdose caused by an opioid drug (i.e. prescription pain medication or heroin). Naloxone has been used safely by emergency medical professionals for more than 40 years.

Who should get Naloxone? Individuals, such as friends or family members, in a position to assist a person at risk of experiencing an opioid related overdose. Those at risk include individuals diagnosed with an opioid abuse disorder coming from rehab or jail, and those currently abusing prescription opioid painkillers, or using heroin.

Where can I get Naloxone? Thanks to the Naloxone Standing Order you are now able to obtain Naloxone from your local pharmacy. Naloxone kits are also available for free by request through the Council on Chemical Abuse.

TERMS TO KNOW AND UNDERSTAND

- **Addiction** - a chronic, and potentially deadly brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences
- **Good Samaritan Act** - proposed legislation that offers legal protection to people who give reasonable assistance to those who are injured, ill, in peril, or otherwise incapacitated
- **Intervention** - a process of overcoming barriers and communicating real concerns to the addicted individual and offering help to address the addiction
- **Medication-Assisted Treatment** - the use of medications, in combination with counseling and behavioral therapies, to provide a whole-patient approach to the treatment of substance use disorders (Examples : Methadone, Vivitrol, Suboxone)
- **Narcan/Naloxone** - medication used to prevent or reverse the effects of opiate/narcotic overdose, such as heroin or OxyContin
- **Pharm Party** - a gathering where unused prescriptions are brought, and dumped together on a table or in a bowl and then randomly ingested
- **Overdose** - an excessive and dangerous dose of a drug that may result in death
- **Recovery** - a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential
- **Relapse** - to fall back into illness/disease after apparent recovery
- **Tolerance** - a higher dose of the drug is needed to achieve the same level of response achieved initially
- **Withdrawal** - the feelings of discomfort, distress, and intense craving for a substance that occur when use of the substance is stopped

For more information and a list of resources, please visit www.cocaberks.org